

ECONOMICAL  
COOKERY:  
OR,  
THE ART OF PROVIDING  
GOOD AND PALATABLE DISHES  
FOR A FAMILY,  
WITHOUT EXTRAVAGANCE.

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TO WHICH ARE ADDED,  
DIRECTIONS FOR PICKLING, PRESERVING,  
&c. &c.

AND A VARIETY OF USEFUL DOMESTIC RECIPES.

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BY A LADY.

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THIRD EDITION.

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LONDON:  
DARTON AND HARVEY,  
GRACECHURCH-STREET.

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*London. Published by Harvey & Darton, Gracechurch Street 1825.*

*Mrs. Hubbard 1836*  
ECONOMICAL COOKERY,

FOR

YOUNG HOUSEKEEPERS;

OR,

THE ART OF PROVIDING

GOOD AND PALATABLE DISHES

FOR A FAMILY,

WITHOUT EXTRAVAGANCE.

BEING CHIEFLY THE RESULT OF EXPERIENCE AND LONG  
PRACTICE.

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JOSEPH RICKERBY, PRINTER,  
SHERBOURN-LANE.



S. 14444.



## P R E F A C E.

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IN presenting this little work to the public, the editor begs to state, that it consists principally of original recipes, that have been for many years in use in her own family; and she trusts that, on inspection, it will be found strictly to correspond with its pretensions to *economical cookery*.

Whilst the inhabitants of cities are complaining of the lavish use of cream, butter, and eggs, prescribed by most authors on this subject, the residents in country towns can equally testify to the expence incurred in these articles; and it has been one of the principal endeavours, in this little compilation, to prove that it is not necessary to be extravagant, in order to make dishes good and palatable;—that gentility *can* be rendered compatible with economy, and that *prudence* is by no means synonymous with meanness.

She has entered into the most simple branches of cookery, because they are in general passed over in silence. And let not the experienced housekeeper smile at directions given for the plainest puddings, or other articles; but let her recollect, that young ladies, according to the present mode of education, frequently become heads of families whilst totally uninformed on these subjects, and that, whilst they would blush to acknowledge their ignorance to their servants, they

would gratefully embrace instruction received through the medium of an unknown and faithful adviser.

Another motive for publication, was the high price of most other approved works on the subject: the editor having more than once heard it urged, as a reason for not purchasing any book of the kind, even where its utility was acknowledged, she trusts, that in the present instance, this objection will be obviated; and that, whilst she is recommending economy to others, she is herself leading the way.

With respect to directions for preventing the waste of firing, bread, &c. she has not offered many observations; convinced, from experience, that personal and daily inspection from the mistress, can alone regulate this part of the domestic duty.

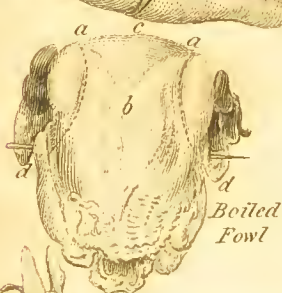
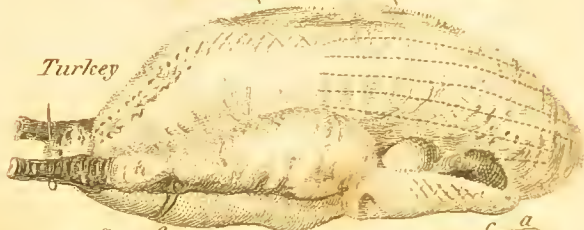
It was the observation of a sensible and wealthy farmer, to a neighbour, who, with equal advantages at the commencement of life, was, at the time I am alluding to, in a very opposite situation, that the difference in their circumstances arose from the varied application of three words, to their common concerns: he himself invariably saying to his men, "*Let us go,*" whilst his friend's language was as constantly, "*Go and do;*" and, although it is not necessary for a lady to pass her whole time in the kitchen, it is yet a bounden duty to devote as much attention to it, as shall render her table neat, her husband respectable, and realize the idea of the far-famed *comforts* of an English home.



*Goose*



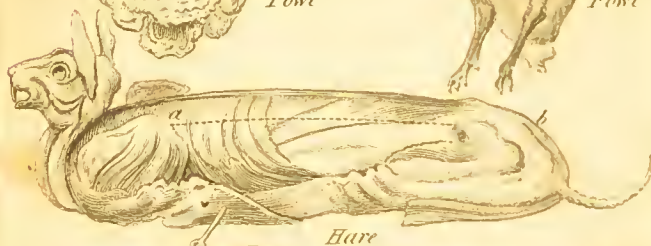
*Turkey*



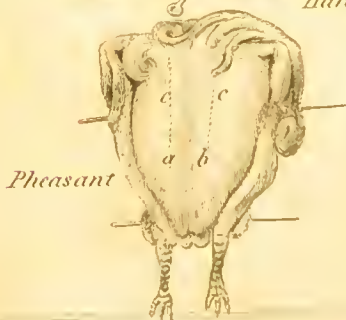
*Boiled  
Fowl*



*Roast  
Fowl*



*Hare*



*Pheasant*



*Partridge*

## DIRECTIONS FOR CARVING.

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ALTHOUGH the art of earving can only be properly aequired by observation and practice, some few leading directions may be found useful to beginners. The articles in the *Plate* are represented as trussed for cooking ; eonsequently, when brought to table, the skewers must be withdrawn.

### GOOSE.

In order to get at the stuffing, first take off the apron at *a a* ; mix the stuffing with the gravy, and then slice down the breast, in the direction of the dotted lines, cutting down close to the pinion on either side, which will give more prime pieees than if you leave wings. Serve these, and then proceed to take off the legs, by holding the bone against the body with your fork, and severing the joint at *b* : by turning it baek, it will easily divide, if the bird be young. Take off the pinion by cutting from *b* to *c* : it will require some practice to hit the joint exactly. Separate the neck and side

bones ; then divide the back, and the task is completed. But it is not usual to cut up the whole goose, unless the number of the party requires it.

#### TURKEY.

A turkey is carved in a manner nearly similar to a goose ; but the stuffing is contained in the crop. The choice pieces are the slices of the breast, as marked in the print, which, in a full-sized bird, may be taken off to the amount of six on each side the breast-bone ; after which proceed, if requisite, to divide the legs and wings as before directed. It is seldom necessary to cut up the whole bird.

#### BOILED AND ROASTED FOWL.

The best way to carve a fowl is to take it on your plate, and, as you divide the pieces, lay them on the dish. First take off the wings, cutting downward at *a a*, *d d*. When you have hit the joint, draw back the wing, and it will separate better than if cut through. The legs, which in the boiled fowl are represented as tucked inwards for cooking, but which are loosened when the skewer is withdrawn, must be separated in a similar manner. Proceed to take off the merrythought at *a a* ; and the neck-bones, by cutting in the direction *c b*, lifting and breaking them from the breast.



Cut down the ribs on either side, and then place the back uppermost; fix your knife on the centre, and raise the lower end with your fork, and it will easily divide: you have then only to take off the sidesmen from the upper part, and the work will be achieved.

#### HARE.

If young and tender, cut from behind the shoulder at *a*, with a firm hand, the whole length to *b*: the same on the other side, so as to divide the whole into three parts. Divide the back into three or four pieces, and take off the legs and shoulders at the joints. When you have served the pieces, cut the jaws asunder; and then divide the head into two parts, by putting the point of your knife into the centre of the skull: take out the brains, and serve them where required. If the hare be not sufficiently young, or you distrust your ability to cut it downwards as directed, begin by taking off the legs, and slice the meat from each side of the back; then divide the back, and separate the shoulders.

#### PHEASANT.

Slice down the breast, in the direction of the lines *a b*; take off the leg and wing from either side, cut away the slices of the breast, and

separate the merrythought at *c c*: the remaining parts may be treated as a fowl.

## PARTRIDGE.

Take off the wings at *a a a a*, then the legs. Separate the merrythought at *a c a*; which last, however, is frequently given with the breast.

## ECONOMICAL COOKERY.

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### FISH.

*To preserve Fish, either with salt or sugar.*

THE latter plan has been adopted in my own family with success. In salting, you must sprinkle it lightly, and hang it in a cold place; but if you use sugar, a very small quantity is sufficient: one tablespoonful of brown sugar is enough for a salmon of five or six pounds' weight. It is only necessary to open the fish, apply the sugar down the backbone, and rub a little on the sides. Soles, whittings, haddocks, and all flat-fish, may be lightly sprinkled: they will keep longer than with salt. This process is particularly valuable in making what is called kippered salmon; and the fish preserved in this manner, are far superior in quality and flavour to those which are salted or smoked. If desired, as much salt or saltpetre may be used, as to give the taste that may be required. After this, it is only necessary to wipe and ventilate it

occasionally, to prevent mouldiness. For this method of preserving fish, the public are indebted to Dr. M'Culloch, of Edinburgh.

*To boil Turbot.*

This fish will keep well for some days, sprinkled lightly either with salt or sugar, and hung in a cold place. Be careful to have your fish-kettle large enough, or you will spoil the fish by breaking it when done. Wash it clean, and rub it over with vinegar; it will make it firmer: then lay it on your fish-plate, with the white side up: set the fish in cold water sufficient to cover it completely, put a glass of vinegar and a handful of salt into it: let it boil very gently, and scum it well, or it will discolour the skin. When done, take it up, and place it on the fish-plate over the kettle to drain, covering with a cloth. Garnish with a complete fringe of curled parsley, lemon, and horse-radish. Lobster and anchovy sauce are eaten with it.

*To boil Salmon.*

Scale and wash it well, then put a glass of vinegar and a little salt into the water: let your fish boil very gently. It requires to be well done. The water must be warm if the fish is split. Serve with shrimp or anchovy sauce.

*To broil Salmon.*

Flour it, or, instead of flouring it, rub it with yolks of eggs and crumbs of bread. Prepare a quick fire, broil it of a fine brown, lay it in your dish, and garnish with slices of lemon : serve with shrimp or anchovy sauce.

*To pickle Salmon.*

Take the salmon, and, when cleaned, cut it across in what pieces you please, but do not split it : tie it across each way : boil as before directed : take the fish out, and boil the liquor with peppercorns and salt ; seum it well ; and, when cold, add vinegar in the proportion of a pint to three quarters of a pint of water ; then lay the fish in a pan or tub, and pour the liquor over it.

*To boil Cod's head and shoulders.*

Always sprinkle the fish with a little salt, and rub some down the back-bone : it should lie an hour or more before it is dressed, and will keep for a day or two, if required, by this method. Tie it up, and put it on the fire in cold water sufficient to cover it. A quarter of a pint of vinegar, a stick of horse-radish, and a handful of salt should be

thrown in. Let it boil slowly, and be sure to take it up when done ; and if not dished directly, cover it close with a napkin, and let it stand on the fish-kettle : this will prevent its breaking.

*To dress salt Cod.*

Steep the fish in water all night, with a glass of vinegar ; this will fetch out the salt, and make it eat like fresh fish. The next day boil it. Serve with egg-sauce, and parsnips boiled whole or mashed, with a little cream and butter.

*To crimp Cod.*

Put a pound of salt into a gallon of water : boil it half an hour : skim it clear : cut the fish into slices, and put it in. Two minutes are enough to boil it. Take it out, and lay it on a sieve to drain ; then flour and broil it. Use what sauce you please.

*To boil Eels.*

Skin and clean the eels : dry them and turn them round on your fish-plate. Boil them in a small quantity of water, with a handful of salt in it. Serve with parsley and butter.

*To broil Eels.*

When you have skinned and cleaned the eels



as before, rub them with the yolk of an egg, strew over them bread-crumbs, chopped parsley, a little pepper and salt; then fry or broil them. Serve with parsley and butter.

*To collar Eels.*

Take an eel and cover it well with salt, till you get off all the slime: wash it clean, and split it down the back; then season it with pepper, salt, nutmeg, lemon-peel, thyme, and parsley, mixed small: then roll it up as tight as you can, and tie it with packthread. Have ready a pot of boiling water. Put the eel in with a handful of salt, and half a pint of vinegar. Half an hour will boil it.

*To pitch-cock Eels.*

Do not skin the fish, but cut them into pieces of three inches long: wipe them dry, and then dip each piece into beaten egg, and strew over it chopped sage, thyme, nutmeg, pepper, and salt. Rub the gridiron with a bit of suet, and broil the fish of a light brown. Serve with gravy-sauce or anchovy.

*Perch and Tench.*

Boil them carefully in cold water, first observing to put a little salt into it. Serve with melted butter and soy.

*To fry Perch, Tench, and Trout.*

Scald and clean them thoroughly; then dry them, and dust some flour over them, and lay them separately in a dish before the fire. Fry them of a light brown, with fresh dripping.

*To boil Mackerel.*

Rub them slightly over with vinegar, and lay them straight on your fish-plate: put a little salt in the water when it boils. They will be done in fifteen minutes. Garnish the dish with lumps of chopped fennel. Serve with melted butter.

*To pickle Mackerel.*

When cleaned, skewer them round with their tails in their mouths. Bind them with a fillet to keep them from breaking. Boil them in salt and water for ten minutes, and then take them carefully out. Put to the water a pint of vinegar, a little whole pepper, and two or three blades of mace. Boil it all together. When cold, pour it on the fish, and cover them close.

*Skate*

Should be hung a day or two before it is dressed,

and may be either boiled or fried, being first dipped in crumbs and egg.

*To crimp Skate.*

It must be cut into long slips corner-ways, about an inch broad. Boil water and salt, as for cod; then throw in the skate. Let the water boil quick. Three minutes will do it. Drain it, and send it to table as hot as possible. Serve with butter and mustard, and anchovy sauce.

*To broil Haddock.*

Scale, gut, and wash them clean; but do not rip open their bellies. Take the guts out at the gills. Dry them in a cloth very well. Flour them, and have a good clear fire. Let the gridiron be hot, and very clean: rub it with a piece of dripping, to prevent the fish from sticking. Lay them on it, and turn them quickly till they are done. Serve with plain melted butter.

*To fry Flounders, and all flat-fish.*

Let them be sprinkled with salt, and lie some hours to acquire firmness. Dip them either in small beer or eggs. Cover them thick with flour, or crumbs of bread seasoned with a little salt and pepper. When the lard or dripping is boiling

hot, plunge the fish into it, and let it fry, not too quickly, till it becomes of a nice light brown, when it should be done. Garnish with fried parsley. Soles, and all flat-fish, may be fried after this rule.

*Sprats pickled to resemble Anchovies.*

Take an anchovy barrel, or a deep, glazed pot. Put a few bay-leaves, if you have them, at the bottom; a layer of bay-salt and saltpetre, mixed together; then a layer of sprats crowded close; then salt the sprats, and so on, till the barrel or jar be full; then put in the head of the barrel close, and once a week turn the other end upwards. In three months they will be fit to eat as anchovies, raw; but they will not dissolve when boiled.

*To fry Herrings.*

Scale, wash, and dry the herrings well: lay them separately on a board, and place them before the fire two or three minutes before you dress them: it will prevent their sticking to the pan. Dust them with flour; and when your dripping boils, put in the fish, a few at a time: fry them over a quick fire. Dish them with their tails set one against the other in the centre of the dish. Garnish with fried parsley. Serve with melted butter.

*To boil Lobsters.*

Take the lobster, and put a skewer in the vent of the tail, to prevent the water from getting into the inside. Put it into a pan of boiling water, with a little salt in it: a large one will take half an hour boiling. When you take it out, put a lump of butter in a cloth, and rub it over; it will set the colour, and make it look bright.

*To stew Oysters, and all kinds of Shell-fish.*

When you have opened the oysters, put their liquor into a stew-pan, with a little beaten mace. Thicken it with flour and butter. Boil it three or four minutes; then add a spoonful of good cream or milk: put in the fish, and shake them round in the pan. You must not let them boil, for if you do, it will make them hard and look small. Serve with sippets round the dish.

*To scallop Oysters.*

Wash the oysters in their own liquor: put some in the scallop-shells; strew over them a few bread-crumbs, seasoned with pepper, salt, nutmeg, and a little lemon-peel; and lay small pieces of butter on them; then more oysters, bread-crumbs, and a slice of butter on the top. Put them into a Dutch-oven to brown.

## MEAT.

## ROASTING.

*Ribs, Rump, and Sirloin of Beef.*

Let the joint first be washed, (which should be the case with all meats, as soon as they come in from the butcher's,) then well dried in a cloth; and, if there be any kernels in the fat, they must be cut out. When the fire is clear, put down the meat; at first, at some considerable distance from it, bringing it closer as it becomes more done. A piece of ten pounds will then take two hours and a half; that is an allowance of a quarter of an hour to every pound: which rule applies to all solid joints, unless required to be particularly well done; then fifteen or twenty minutes more should be allowed. Fat meat requires but little basting. If you like it frothed up, sprinkle a little salt, and well dredge it with flour, half an hour before you wish to take it up. Lay small bunches of horse-radish round the dish, and pour a little warm water into it, to increase the gravy.

*Ribs of Beef roasted another way.*

Take out the bones, and roll the meat round: fasten it tight with skewers, to keep it in shape.



It then takes rather more time to roast, from its increased thickness. When the ribs are dressed with the bones in, the tops should be taken off and salted for boiling.

*Bullock or Calf's Heart.*

Make a forcemeat with crumbs of bread, beef suet shred small, a little parsley, sweet marjoram, and lemon-peel. Mix it up with a little nutmeg, pepper, salt, and the yolk of an egg. Stuff the heart; and either roast it on a hanging-jack, or bake it. Serve with melted butter, and garnish the dish with lemon-peel.

*To roast a Loin of Mutton or Lamb.*

The skin should be always taken off; and if the family do not like fat meat, a slice from the top, as well as some round the kidney, may be removed; (both of which will make excellent light puddings;) then roast or bake it. A little curled parsley makes a pretty garnish; and some like it chopped fine and strewed over the meat, as soon as taken up from the fire, which is extremely good, if it is to be eaten cold.

*A Neck of Mutton or Lamb*

May be dressed and garnished as the foregoing.

*Shoulder of Mutton.*

This is frequently served with onion sauce, which see.

*Saddle of Mutton.*

This, as well as a leg, should be kept some time before it is cooked; then, with a sharp knife, take off the skin; cover the meat with a thin paste, composed of coarse flour and water, and send it to the oven. When it is dished, have ready some gravy, and pour round it. Currant-jelly is usually served with it. This joint may be roasted with the paste over it; but baking is preferable, both as to economy and delicacy.

*Fore-quarter of Lamb.*

This will require full twenty minutes above the quarter of an hour to the pound allowed for roasting. It should be sprinkled with a little salt, and well dusted with flour, during the last quarter of an hour, and basted with small pieces of butter, the size of a walnut. This will form a good coat upon it; but many prefer it only frothed up, with the butter and a little salt. Before sending it to table, separate the shoulder from the ribs, put a slice of butter, a little pepper

and salt, with the juice of a squeezed lemon; then replace the shoulder, and garnish the dish with slices of lemon and a few sprigs of double parsley.

### *House Lamb*

Requires to be well roasted. A small fore-quarter will take about an hour and a half; a leg an hour. Mint sauce is always served with lamb.

### *Fillet of Veal.*

Take out the bone, fill the space either with stuffing, or the fat cut from the flap, rolled up tight, which, in this way, is peculiarly delicate. The stuffing, in this case, must then be put in the flap from which the fat was removed, and the whole skewered up quite round. Send it to table the largest side uppermost. Serve with melted butter. This being young meat, and very solid, plenty of time must be allowed. Veal stuffing is made with crumbs of bread, small quantities of lemon-thyme, parsley, knotted marjoram, and lemon-peel, a little pepper, salt, and nutmeg: bind the whole with an egg.

### *Shoulder of Veal.*

This must also be stuffed, served with melted butter poured on it, and garnished with lemon.

*Neck of Veal.*

The middle or best end of which is very nice roasted. Dish as for fillet.

*Breast of Veal.*

If large, both ends will be better taken off for boiling ; but it is often roasted all together.

*Leg of Pork.*

Fill the flap with stuffing ; score the skin with a sharp knife, not deeper than the outer skin, either before you put it down, or when it is half done. Pour some gravy round the dish. The forcemeat for pork is made either with bread-crumbs and chopped sage, pepper, and salt ; or with onions, sage, and bread.

*Loin and Neck of Pork.*

Roasted as a leg, but without stuffing.

*Spring of Pork.*

Take out the bone, strew some stuffing over the inside, roll the pork round, baste and flour it while it is dressing. Some roast it quite plain,

with the bone in, and without any stuffing; but the first is the most economical method, as it carves to much greater advantage.

### *Pig's Head.*

It should be a young head. Score it, and you may put a stuffing of bread and sage in the inside. Sew it up tight, and either roast it on a hanging jack, or send it to bake. Use gravy as for a roasting-pig. Be sure to clean it very carefully.

### *Spare-rib of Pork*

Should be basted and floured, and, when half done, sprinkled either with dried sage rubbed fine, or with onion and sage chopped together.

### *Pig's Haslet.*

Cut some of the griskin into pieces of about two bones each; the skirts skinned and divided; with one or two kidneys split, some pieces of sweatbread and fat. Between each slice strew onion and sage, or chopped sage only. Put the whole into a caul, and fasten it up tight with a needle and thread. Roasting is best, though, for convenience, it may be baked.

*To roast a Chine.*

Chine, if not too fat, is excellent roasted. It will not require any basting, only to be well floured. A piece of paper should be skewered over the fat, to prevent its being burnt.

*To roast a Sucking-pig.*

Rub the pig extremely dry with a cloth. Stuff with bread-crums, a few leaves of sage shredded fine, a little pepper and salt, a piece of butter about the size of a large walnut, mixed together, and wetted with a table-spoonful of port wine. Lay the pig before a clear, brisk fire. Whilst roasting, frequently rub it with a piece of butter tied in a cloth. A <sup>small</sup> large pig will take an hour and a half. When it is of a fine brown, and the steam draws near to the fire, take it up. Cut off the head, take out the brains; then, without withdrawing the spit, cut it down the back and belly, lay it in the dish, and serve it with the gravies, as directed under that head.

*To roast Venison.*

It is preserved the longest by being kept dry; for which purpose wash it with vinegar and water very clean, and dry it in cloths, till not any damp



remains ; then dust pepper over it, which prevents the flies from blowing the meat. Wash it in water a little warm, before dressing it.

### *A Haunch of Venison.*

When you have spitted the venison, lay over it a large sheet of paper, then a thin paste of flour and water. Tie it up firmly, to prevent the paste from falling off. If it be a large one, it will take four hours roasting. When it is very nearly done, take off the paste and paper, dust it well with flour, and baste it with butter. When it is a light brown, dish it up with brown gravy, or currant-jelly sauce ; and, as much gravy is required, there should be a tureen-full sent to the table with it.

Venison should be rather under than over done.

### *Neck, Shoulder, and Breast of Venison.*

Roast with paste, as directed above, and the same gravy and sauce.

### *To roast Sweetbreads.*

Boil them till nearly done ; then take them up and put them on a hanging-jack. Baste with a little butter, salt, and flour. When nicely frothed,

sprinkle over them a few very fine bread-crumbs ; when they are browned take them up. Serve with plain melted butter.

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## MEAT.

### TO BOIL.

#### *Fillet, Breast, and Loin of Veal.*

Meats that are to be boiled should not hang long, as they lose their colour. Be sure the copper is very clean and well tinned. Fill it as full of soft water as is necessary. Dust the veal well with fine flour, put it into a copper of cold water, and set it over a good fire. When the scum rises, take it clear off, put on the cover, let it boil in plenty of water, and as slow as possible : it will make the veal rise and plump. It is a very great error to let any kind of meat boil fast : it hardens the outside before the inside is warm, and discolours it, especially veal. For instance, a leg of veal weighing twelve pounds, will require three hours and a half boiling. The slower it boils, the whiter and plumper it will be.

*To boil a Calf's Head.*

Let it be thoroughly cleaned, and be particularly careful to remove the pieces of gristle that run down the nose, the little veins, and the loose pieces of skin. The tongue and brains must also be taken out, and the head put into a pail of water to soak, which makes it look white. Boil the head extremely tender. Bacon and greens are to be served with it. The brains should be put in a little warm water and skinned, then tied in a cloth and boiled. When done, mix them with one egg and a few leaves of scalded sage chopped together. The whole should be put into some melted butter, poured round the tongue, which should also be boiled. This forms a pretty side-dish.

*To grill a Calf's Head.*

Boil the head till it is tender; rub it over with an egg; then cover it pretty thickly with crumbs of bread and parsley chopped fine, and seasoned with a little pepper and salt. Put it before the fire to brown, and baste it now and then with a little piece of butter.

*To boil a Round, Edgebone, and Rump of Beef.*

Dredge it well with flour, put it into a kettle of

cold water, allow a quarter of an hour to a pound, let it boil very slow. Carrots, turnips, parsnips, and suet dumplings may be boiled in the same vessel; and are quite as good as when boiled separately, if the vessel be kept well scummed.

### *Brisket of Beef*

Requires boiling a long time. Vegetables may be boiled with it as for a round.

### *Leg, Neck, and Breast of Mutton*

May be boiled after the same rule, with the same vegetables, and served with caper sauce.

### *Hind quarter of Lamb.*

This is a very genteel dish, if the leg be boiled, and the loin fried in steaks, and served round it, with or without fried parsley. Spinach should be eaten with it. The leg should look as white as possible: to effect which, some persons wrap the meat in a floured cloth; but that is not necessary, if the pot be kept thoroughly scummed.

### *To boil Lamb's Head with the liver and lights.*

Clean and soak it well in cold water, to make it white. Boil the head separately, till tender. Have

ready the liver and lights, three parts boiled, and chopped small. Stew them in a little of the water in which they are boiled. Season with pepper, salt, and a little mace, if you like it. Thicken with flour and butter, and lay the mince thus prepared round the head.

### *Leg of Pork.*

Take it out of the pickle. Put it into the pot when the water boils, unless you fear that it will be too salt; in which case it is better to use cold water. Be sure you keep the water boiling. Send it to table with peas-pudding, and the vegetables usually served with boiled beef.

### *To boil a Ham.*

Steep the ham all night in water; and, if old and very dry, it should lie in a damp place a few days before dressing it. Wash it well, and put it into a boiler with plenty of water. Let it boil very gently for three hours, if the ham be small: a larger one will require from four to five hours. Take off the skin, and strew raspings over the ham.

### *To boil a Tongue.*

If the tongue be a dry one, steep it in water all

night, then boil it from three to four hours. If the tongue be taken out of the pickle, it will require steeping ; but less boiling will make it tender.

### *Bacon.*

Soak the bacon for a short time before you want it. Fat bacon should be put into hot water, and lean bacon into cold. A piece of moderate size will require about three quarters of an hour boiling, if young ; but old meat will take a longer time.

### *Cow-heels*

Require to be boiled about four hours, or till quite tender. Mustard, vinegar, and melted butter are usually served with them. You can generally obtain them boiled at the tripe-butchers. In this case, they only require about half an hour to warm them through, previously to sending them to table.



## MEATS, &c.

### TO BROIL AND FRY.

#### *To broil Chickens, Pigeons, &c.*

Let the chickens be very fat, slit them down

the back, and season them with salt and pepper ; lay them on a very clear fire, and at a great distance ; and let the inside be next the fire, that the fleshy side be not scorched or discoloured. When they are half done, you may turn them often, and well baste them. Garnish with shred parsley, and lemon.

*Another way to broil Chickens, or Mutton-chops.*

Beat an egg, dip the chop in it, strew over it a little nutmeg, pepper, salt, lemon-peel, and parsley chopped very fine, with a few bread-crumbs. Put each chop in a piece of coarse writing-paper, previously rubbed over with butter or beef-dripping. Twist the paper at each end, and serve it up in the paper. Chicken broiled in the same way, without seasoning, is very nice.

*Mutton-chops.*

Have ready a clear, bright fire. When the gridiron is hot, rub it with fresh suet. Lay on the chops, and keep turning them as quick as possible. You must take great care, or the fat that drops from them will smoke them. When they are sufficiently done, rub them with a piece of butter, and send to table.

*To fry Tripe.*

Cut the tripe into pieces of three or four inches.

long, dip them in a batter made of flour and eggs, or in eggs and crumbs of bread, seasoned with salt, pepper, and nutmeg. Fry them a fine brown. Let them drain on a fish-plate, before the fire, a few minutes before you dish them for table. Serve them with butter and mustard.

### *Pork-chops*

Must be broiled as the mutton-chops, only pork requires a longer time. When they are well done, put a little good gravy in the dish, and send them to table. A little sage, rubbed very fine, and strewed over them, is an improvement.

### *To broil Beef-steaks.*

Broil them until they begin to brown on each side ; then lay them on a hot dish, with a slice of butter between each : sprinkle a little pepper and salt over them. Let them stand two or three minutes ; then slice a shallot as fine as possible into a spoonful of water. Lay on the steaks again, keep turning them till enough done, put them on a dish, and pour the shallot and water amongst them. Turn them as fast as possible whilst broiling.

### *To fry Beef-steaks.*

Do not put any fat into the pan, but fry them alone.



*Calf's Liver and Bacon.*

The liver, cut into slices, must first be fried; then the bacon. Lay the liver in the dish, and the bacon on it. When you have taken it up, put a little butter, pepper, and salt into the dish, with the gravy poured from the pan. Fry some parsley dry, and serve with it.

*To fry Parsley.*

Pick some young parsley very clean. Put a bit of butter into a clean pan. When it boils, put in the parsley, and keep stirring it with a knife till it is crisp. Or, some prefer parsley picked and rubbed in a coarse cloth, to separate the grit from it; then place it a little distance from the fire, in a Dutch-oven, turning it often till crisp. It may be used in this way for garnish, or rubbed and strewed over the liver, &c.

*To fry Rabbits.*

Cut them into joints, fry them a light brown. Serve with liver-sauce, (which see,) and fried or dried parsley.

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## SALTED MEATS.

Meats that are to be salted should be first sprinkled a few hours ; afterwards they should be hung to drain, and then the salt should be thoroughly rubbed into them. They must be turned every day, and washed with the brine in those parts which are not immersed in it : the oftener the meat is rubbed, the sooner it will be fit for use. Be sure to remove all kernels and bruises : they will not take salt.

### *Hunter's Beef.*

Take a small round of beef, rub on it half a pound of the coarsest sugar or treacle, two ounces of bay-salt, two ounces of salt-petre : let it lie on the beef twenty-four hours. Then take one pound of common salt, three ounces of allspice, one ounce of cloves, and some nutmeg, and rub them in. Let it remain in pickle two weeks, rubbing and turning it every day. When you dress it, dip it in cold water, to take off the coarse spice. The bone should be taken out ; then bind it up tight with some coarse tape, and put it into a deep pan, with two or three quarts of water. Cover the top of the meat with shred suet. Cover the top of the

pan with a coarse flour-crust, or strong white paper. Bake it five or six hours, if it weigh twenty-five or twenty-six pounds; if less, a shorter time will do it. The gravy will keep some time if you melt fat over it, and will be useful in other gravies. If you keep the beef longer in pickle, it should be soaked a night before dressing.

*To cure Beef for drying.*

Let the beef steep two or three hours in water, wipe and well dry it; then, to every twelve pounds of beef, rub in half an ounce of salt of prunella, one ounce of saltpetre, and one ounce of bay-salt. Let it lie two hours, and then rub in half a pound of coarse sugar or treacle. Let it lie two hours more, then rub it well with a little bay-salt, and common salt. Let it remain two nights, then hang it up to drain. When it has done dripping, hang it near the fire: it will be fit for eating in ten days after. Before dressing, steep it in cold water, for an hour or more, and bake, boil, or roast it: if baked, do it as for Hunter's Beef.

*To pickle Pork for keeping.*

When the meat is cut up into proper-sized pieces for dressing, rub every piece well with common salt, pack it as close as possible, in either jars

or tubs, with the rind downwards; taking care to strew a little salt between the pieces, and at the bottom of the jar, before filling it. When you have packed all in, fill the corners with salt, and cover the whole, to about the depth of half an inch. Over the salt strew half a pound of saltpetre, finely pounded; and lay a piece of board, or loose cover of any kind, over the top of the jar, to keep out the flies or dust, but not to stop it close. If you have any brine by you, in which there is no water, boil it very clear, and, when perfectly cold, pour it into the jar very gently, enough to cover the whole quite over; but this must not be done till a week after the pork has been salted. Lay the cover over the jar, and do not move it till you wish to dress it. You may begin it in four months, or keep it, if you wish, two years. The quantity of saltpetre here used is for the flitches of a pig about twelve score. All the neck-pieces that have any blood about them, should be put at the bottom of the jar. The jars in which olive oil is brought over are the best, as they take less brine to fill them. The pieces cannot be kept too close together; they should therefore be used in succession.

*To pickle Pork for immediate use.*

Take two gallons of pump-water, one pound of bay-salt, one pound of coarse sugar, six ounces of

saltpetre ; boil it all together, and skim it. Cut the pork in what pieces you please ; but lay it down close, and pour the pickle, when cold, over it. Lay a weight on the pork, to keep it under the pickle : cover the whole close from the air, and it will be fit for use in a week. If you find the pickle begins to mother or spoil, boil it afresh, skim it thoroughly, and, when cold, pour it on the pork again.

*To dress Hog's Ears and Feet.*

When nicely cleaned, put them into a jar with a few bay-leaves, a large onion, and as much water as will cover them. Season with pepper and salt. Bake them with the household bread : keep them in the pickle till you want them ; then warm them in spring-water.

For sauce, take three or four spoonfuls of the liquor, and thicken it with a piece of butter rolled in flour, and a spoonful of mustard. Lay the ears in the middle, and the feet round. Pour the sauce over them.

*Mock Brawn.*

Take half a pig's-head, with the tongue and ear nicely cleaned, sprinkle with a little pruncella and common salt. Let it lie four days ; then boil it till the bones will leave the meat. Take four ox-

heels: let them be hot: pick out all the bones and black spots. Spread them on a clean cloth, on a table: put the heels over it: cut the head in pieces, spreading it on the heels. Sprinkle a little salt on it. Be sure you cut the tongue, and lay the slices in the middle. Tie the whole up as round as you can, and let it boil half an hour, or three quarters, if large. Do not take it out of the cloth till the next day: this will keep it in form.

*To pickle two Hams.*

Salt them with common salt for three days; then take two pounds of treacle, three pounds of bay-salt, four ounces of saltpetre, one ounce of salt of prunella. Put it into four gallons of pump-water. Boil it half an hour: scum it well. When cold, put in the hams. Let them lie three weeks in the liquor. If it does not cover them, you must turn them every day. This quantity is sufficient for two large, or three small hams. This pickle, occasionally boiled up, will serve for pieces of beef, pigs' tongues, &c. &c. for a considerable time.

*Another way.*

One pound and a half of bay-salt, one pound of saltpetre, one pound of common salt, one ounce of black pepper: pound all well together, and rub them on the hams. Let them lie three days.

Then take three pounds of treacle, and cover the hams well with it, keeping them turned every day for a month. Put them into a pail of spring-water the night before they are hung up. Do not let them dry too fast.

### *To pickle Tongues*

Wash them clean in water, dry them in a cloth; then cut the skin from the sides, close to the blade, that the salt may penetrate. Sprinkle them with salt. Let them lie a night; and, when drained, mix with two table-spoonfuls of treacle, one of common salt, one of saltpetre, and one of bay-salt; rub it well in, and do so every day for a week or ten days: then add another spoonful of salt. Turn it every day. It will be ready in three weeks.

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## HASHES AND STEWS.

### *To stew Beef-steaks.*

Fry the steaks a good brown; then put in half a pint of water, an onion sliced, a spoonful of walnut-catsup, a little caper-liquor, pepper, and salt: cover them close, and let them stew gently. When



done, thicken the gravy with a little flour and butter, and serve them.

*Another way.*

Cut three pounds of steaks from the leg of mutton-piee, beat them, put them into a stew-pan with a pint of water, and the same of small-beer, if it is not very bitter; if it is, put less, and make it up with water: a large onion, six cloves, a bunch of sweet herbs, a carrot and turnip, pepper and salt. Stew this very gently, closely covered, four or five hours; but take care the meat is not reduced to rags, which will be the case if it does too quickly. Take up the meat, and strain the sauce over it. Have turnips cut into balls, and carrots into any shape; boil and lay them on the meat.

*Bubble and Squeak.*

Take some slices of boiled beef: fry them in a little dripping till they are quite hot: put them in a dish before the fire; then chop and fry cabbage that has been previously boiled; put this in another dish, and keep it hot: fry some slices of onion till tender; then put a little gravy into the pan, and stir it till it boils: put in the beef, and let it simmer a minute or two: pour it into the dish, and lay the cabbage upon it. Omit the onion, if you object to the flavour.



*To boil Tripe.*

Mix three parts of water with one of milk. Put to it three or four onions, and let the tripe stew in it till tender. When done, put all together into a tureen, and serve with melted butter and mustard.

*To fricasse cold Roast-beef.*

Cut the beef into very thin slices; then strew a handful of parsley small: cut an onion in pieces; and put all into a stew-pan, with a piece of butter, and a good quantity of strong broth, seasoned with pepper and salt. Let it stew gently a quarter of an hour; then beat the yolks of three eggs in a little red wine and a spoonful of vinegar. Put in the meat, and stir it till it grows thick. Rub the dish with a shallot before you serve it up.

*To hash Beef.*

Cut the beef in very thin slices: take a little of the gravy that runs from it, put it into the stew-pan, with a tea-spoonful of lemon-pickle, a large one of walnut-catsup, the same of browning. Slice a shallot in, and put it over the fire: when it boils, put in the beef; shake it over the fire till quite hot. The gravy is not to be thickened. Garnish with horse-radish or pickled onions.

*To make French Steaks of a Neck of Mutton.*

Let the mutton be very good and large, and cut off most part of the neck ; then cut the steaks two inches thick, make a large hole through the fleshy part of every steak with a penknife, and stuff it with forcemeat, made of bread-crumbs, beef suet, a little nutmeg, pepper, and salt, mixed up with the yolk of an egg : when stuffed, wrap them in writing-paper, and put them in a Dutch-oven. They will take an hour to do them. Put a little brown gravy in the dish.

*Harico of a Neck of Mutton.*

Cut the best end of a neck of mutton into chops in single ribs : flatten them, and fry them a light brown ; then put them into a large saucepan, with two quarts of water, a large carrot cut into slices, and cut at the edge like wheels. When they have stewed a quarter of an hour, put in two turnips, cut in square dice, the white parts of the head of three roots of cclery ; pepper, salt, and cayenne, to your taste. Boil all together till tender. The gravy is *not* to be thickened. You may add two cabbage-lettuces fried, or the heads of a few asparagus, if you prefer it. Serve in a tureen. It is proper for a top dish.

*To hash Mutton.*

Cut slices of dressed mutton, fat and lean. Put a little gravy or broth into a stew-pan, with one spoonful of mushroom-catsup, a little pepper, salt, and an onion sliced: put it over the fire, and thicken with flour and butter. When it boils, put in the mutton. Keep shaking it till it is thoroughly hot: the meat should not boil, as it makes it hard.

*To make cold Hash.*

Take roast fowl or veal; cut it up. Boil an egg, anchovy, two shallots, a little parsley, a bit of lemon-peel, a little thyme, all shred very fine together. Salt and pepper to your taste. Mix the yolk of the egg in vinegar, and put the herbs into it: place the meat, and pour the ingredients over it. Chop the white of the egg and some parsley very fine, and lay it round for garnish.

*To stew Veal.*

Fry the veal in butter or dripping: put it into a stew-pan, with water just enough to cover: add a little thyme, parsley, onion, and a small piece of horse-radish, a blade of mace, whole pepper and salt to your taste. Let it stew till tender; then thicken the gravy with flour and butter, and dish it.

*Veal Cutlets or Chops.*

If cut from the neck, chop off the ends of the bones, and stew them in a little water, for gravy. Dip the cutlets in the yolk of an egg, and strew over them bread-crumbs, seasoned with pepper, salt, nutmeg, and a little lemon-peel: fry them of a light brown; then put to the gravy a spoonful of catsup, a little white wine, and lemon-juice or pickle. Thicken with a lump of butter rolled in flour. Let it boil; then pour it in the dish, and lay the cutlets in it, with some pickled mushrooms and forcemeat balls, if you like them. Clear beef dripping will fry all steaks and cutlets as well as butter.

*To mince Veal.*

Cut the veal into slices, then into little square pieces, but do not chop it. Put it into a saucepan, with two or three spoonfuls of gravy, made from the bones of the veal, if you have any; or a little water, a slice of lemon, a little pepper and salt, a good lump of butter rolled in flour, a tea-spoonful of lemon-pickle, and a large spoonful of cream or milk: shake it over the fire till it boils, which must not be more than a minute, or it will make the meat hard. Serve with sippets round the dish.

*To scallop Veal.*

Chop it very fine, with a little lemon-peel: season with pepper, salt, and nutmeg, a little lemon-pickle, and a spoonful of gravy or water, with a piece of butter rolled in flour: shake all together in a saucepan over the fire, till quite hot; then put it into scallop-shells or little dishes: cover with crumbs of bread seasoned with pepper and salt: put them into a Dutch-oven, with little bits of butter on the top, to brown it.

*Knuckle of Veal.*

Put it into a saucepan, with two quarts of water, one or two onions, a little pepper, salt, and mace: cover it close, and when it has boiled up once, let it simmer till done, then thicken with a small quantity of boiled rice, or flour. Before sending it to table, add half a pint of milk. Knuckle of veal is often boiled plain, and eaten with parsley and butter.

*To roll a Breast of Veal to eat cold.*

Take a large breast of veal, bone it and cut it in two; season it with mace, nutmeg, pepper, salt, and a few sweet herbs shired very fine; roll it up tight, bind it well with coarse tape; boil it an hour

and a half: let it stand till next day, to keep it in shape.

*To hash a Calf's Head.*

Boil the head enough for eating: when cold, cut it in slices, put it into some strong gravy, with a glass of white wine, two anchovies, or a tea-spoonful of the essence and some juice of lemon: let it stew till it is tender enough, then add to it brain-cakes and forcemeat balls, which make as follows: a quarter of a pound of veal, a quarter of a pound of suet, parsley, thyme, marjorum, and winter savory, pepper, salt, and nutmeg: pound the veal and suet together, make it up with an egg, fry them a light brown. To make the fritters, scald the brains and skin them, beat them well with a fork: one egg, and one spoonful of flour; with pepper, salt, sweet herbs, and a little nutmeg. Fry them.

*Another way.*

Boil the head half an hour: when cold, cut the meat into thin slices, and put it into a stew-pan, with two quarts of the liquor it was boiled in. Let it stew two hours. Add mace, pepper, lemon-pickle, walnut-catsup, and a bundle of sweet herbs; then mix a little flour to thicken the gravy. Put the brains into hot water, to make them skin: beat

them fine in a basin, with two eggs, one spoonful of flour, a bit of lemon-peel, and pepper and salt; drop them into little cakes, and fry them a light brown; lay them on a sieve to drain. Take the hash out of the pan with a fish-slice, and strain the gravy; lay on the meat forcemeat balls, brain-cakes, and little eggs. Garnish with lemon and little curls of fried bacon. To make the eggs: take the yolks of four or five boiled hard, and pound them in a mortar with some butter; then roll them into small balls, the size of a pigeon's egg.

### *Veal Sausages.*

One pound of lean veal, one pound of pork, half a pound of beef suet; chop them all together, and season with sage, pepper, salt, and a little nutmeg: mix all together with the yolk of an egg: roll them either long or round: flour and fry them. They should be thoroughly done, though not dried.

### *Pork Sausages.*

Chop fat and lean pork together, and season with salt, pepper, and sage: roll and dust them with flour before frying.

### *To Jug a Hare.*

After lying a considerable time in water, cut it



up, and fry it a good brown, with a little butter : put into the stew-pan with a small bunch of sweet herbs, a little pepper, salt, and nutmeg, and water sufficient to cover it : stew very slowly, till quite tender ; then drain the gravy from the hare, and thicken with flour and butter. Serve with currant-jelly.

*Another way.*

Cut it as for eating : season it with pepper and salt ; then put it in a saucepan, with half a dozen onions, sweet herbs, a little spice, a slice or two of lean bacon at the bottom, and the same at the top, a wine-glass of vinegar, and water enough to cover it. Let it stew between three and four hours : half an hour before it is ready, thicken with a spoonful of flour and a little water, mixed very smooth.

*To stew Goose or Duck Giblets.*

Cut the pinions in two, the neck in four pieces : score the gizzard and clean it well : stew them in two quarts of water or weak broth, with a bundle of sweet herbs, a few pepper-corns, an onion stuck with cloves, and a spoonful of catsup. When the giblets are tender, thicken the gravy with flour and butter. Serve them in a soup-dish, and lay sippets round it.



*To hash Venison.*

Cut the venison in thin slices: put a glass of red wine into the stew-pan, a spoonful of mushroom-catsup, the same of browning, and an onion stuck with cloves. When it boils, put in the venison: let it boil three or four minutes: pour it into a soup-dish, and lay round it currant-jelly.

*Pettitoes.*

Chop the liver and lights fine; and add to a little of the water in which they were boiled, a spoonful of catsup, and thickening about the size of a nutmeg. Divide the pettitoes, and place them round the edge of the dish. Lay a few sippets of toasted bread, and pour the mincemeat on them: a tea-spoonful of lemon-pickle is an agreeable addition in the seasoning. It is a neat supper-dish.

## POTTING,

AND VARIOUS MODES OF DRESSING EGGS.

*To pot Beef.*

Take two pounds of lean beef, cut it into slices, and lay them on a plate: season them with salt: pound saltpetre and a little cochineal: turn and season them on the other side; then let them lie one upon another all night: put them into a pan, add to them half a pint of small beer, a little vinegar, and as much water as will cover them, with some black and Jamaica pepper: tie them down very close, and bake them. When done, take the slices out of the pickle while they are hot, and when cold beat them in a mortar: add to them one pound of fresh butter while beating, also some salt, pepper, and nutmeg: when all is beaten quite smooth, press it into pots, and let them be put in an oven after the bread is drawn, to be made hot through: when cold, put clarified butter over it. It will keep a month or two.

*Veal, Hare, or Game.*

Separate their meat clear from the bones, and sea on with the addition of cayenne. Do as directed above for beef.

*To pot Shrimps and Lobsters.*

Warm a quart of shrimps in a quarter of a pound of butter, stirring them with a spoon till they are warm through. Season to your taste, with powdered mace and white pepper: put them in pots: press, with a spoon, some of the butter from them, and, when cold, put that on the top before you put on the melted butter. You may do lobster the same way, either by cutting it in small pieces, or pounding it, as you may prefer.

*Mackerel, Herrings, and Trout,*

Are good potted as above; only, when seasoned and baked, take out the bones before pressing them into pots.

*To poach Eggs.*

Put the water on in a flat-bottomed pan, with a little salt: when it boils, slide the eggs carefully in, and let them boil two minutes; then take them up with a slice, and after paring off the ragged edges, lay them on buttered toasts, or on toasts dipped in warm water.

*To boil Eggs.*

Put them in a saucepan of boiling water: let them do three minutes, or more if you wish them hard.

*To fry Eggs and Bacon.*

First fry the bacon, then pour the fat out of the pan : put in some butter, and when it is hot break the eggs into the pan : let them do gently, and, when one side is dressed, turn them carefully on the other. Dish the bacon first, and place the eggs on it. Keep them separate in the pan while doing.

*To make a Fricasee of Eggs.*

Boil the eggs pretty hard : cut them in round slices : make a white sauce, the same way as for boiled chickens, and pour it over the eggs : lay sippets round them, and put a whole yolk in the middle of the plate. It is proper for a corner-dish at supper.

*Eggs and Bacon.*

Boil hard what number of eggs you please : when cold, cut them in slices, and fry them in a stew-pan : eight or ten minutes will do them. Be careful they are not broke. Put over them some salt, pepper, and nutmeg : lay them in a dish before the fire, to keep hot. Thicken any gravy you have with a little flour and butter ; add a little catsup, and pour it over the eggs. Garnish with rashers of bacon.

## SOUPS AND BROTHS.

*White Soup.*

Take a knuckle of veal or a fowl, and a piece of ham or lean bacon, a gallon of water boiled till it comes to two quarts, three or four onions, a little thyme, pepper, and salt. Boil the day before it is used, that the fat may be taken off, and the brown settling be taken from it. Make it warm, and stir in three spoonfuls of ground rice, and a pint and a half of cream: keep stirring it all the time over the fire: let it just boil up, then strain it into the tureen.

*Another way.*

A small knuckle of veal seasoned as above, with the addition of a quarter of a pint of good milk, two spoonfuls of cream, and a little ground rice, will make two or three pints of soup of the proper consistence.

*Peas' Soup.*

Boil a pint and a half of peas, three or four heads of celery, two onions, some salt and pepper, in soft water for four hours. Strain it through a sieve. Fry some bread in a little butter: put it into a stew-pan, and boil it up. You should add some roast-beef bones, or half a pound of bacon.

*Green-peas' Soup without meat.*

In shelling the peas, separate the old from the young, and boil the old ones soft enough to strain through a colander; then put the liquor and what you strained through, to the young peas, which must be whole. Add some pepper, salt, mint, and a little onion shred small: put them into a large saucepan, with a quarter of a pound of butter, or more if you wish it richer, and a little water; as they boil up, shake in some flour, then put in a French roll fried, and some sweet herbs if you like their flavour: let it stew till the young peas are tender. If you do not like the flour, you may put in its place spinach and cabbage-lettuce cut small, which must be first fried in a little butter, and well mixed with the soup.

*To make a common Peas' Soup.*

When you boil a piece of salted pork or pig's head, always save the liquor. Add a quart of split or whole peas: season with pepper and salt. The soup should be poured through a colander, and the peas worked through it with a wooden spoon.

If the liquor in which meat has been boiled be set aside, it should be placed in an earthen pan, and all the fat taken off when cold, otherwise it will occasion an unpleasant taste; neither should it

be covered whilst hot, or it will turn sour in one day.

*Hare Soup, a plain way.*

Take an old hare, and cut it in small pieces : put one gallon of water, a few cloves, mace, allspice, four onions, sweet herbs, and a slice of ham or lean bacon : let it stew till the meat comes entirely off the bones ; then rub the meat through a hair-sieve, and mix it with the soup. A little red wine will improve it.

*Veal Broth.*

Stew a small knuckle in about three quarts of water, with a little mace, salt, and two ounces of rice, till the liquor is half wasted away.

*To make Beef Tea.*

To one pound of lean beef put a quart of water : let it boil up, but be sure it does not run over, or you lose the goodness of the beef. Take out the meat and score it with a knife ; then let it boil twenty minutes longer.

*Mutton Broth.*

Cut off a neck of mutton, and put it in a stew-

pan with two quarts of water: as soon as it boils, skim it well, and then simmer it half an hour. Have ready some carrots, turnips, celery, and onions: slice them into the broth: season with pepper, salt, and a bunch of sweet herbs. You may thicken it with a little flour and a burnt crust. The whole should stew from two to three hours. More meat may be added, if you wish it.

### *Gravy Soup.*

Wash and soak a leg of beef: put it on the fire in a gallon of water, a large bunch of sweet herbs, two or three onions sliced and fried of a fine brown: season with pepper, salt, and mace. When stewed sufficiently, take out the meat, and slice in some celery, carrots, and turnips: burn a crust, and put with it. Thicken with flour or vermicelli: a table-spoonful of catsup should also be added. This soup is best made the day before, and left to be cold, when the fat may be taken clean off; in which case, do not put the vegetables in till the second day's boiling. The meat seasoned with cayenne, mace, and nutmeg, and pounded in a mortar with butter, will make very good potted beef.

### *Soup for the Poor.*

When you have boiled any joint of meat, save



the liquor: thicken it with oatmeal or flour, and add plenty of turnips, carrots, potatoes, leeks, onions, and a bunch of sweet herbs. It is an economical, but very nice soup.

*Colouring for Soups, Gravies, &c.*

To a quarter of a pint of water, add four ounces of the finest butter, and four ounces of lump sugar: set it in a saucepan over the fire, and stir it with a wooden spoon till of a bright brown: then put to it a pint of water: boil and skim it: when cold, bottle and cork it. You must add to the gravies and soups as much as will give it a fine colour.

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POULTRY AND GAME,

TO DRESS.

*To boil a Turkey.*

Make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters, or an anchovy, a bit of butter, some suet, and an egg: put this into the crop, fasten up the skin, and boil the turkey in a floured cloth, to make it very white. Or

you may dress it as directed for fowls: in which case, it must boil slowly for half an hour; then take off the kettle, and keep it closely covered. If the bird be of a middle size, let it stand half an hour: the steam being kept in will stew it enough, and render it peculiarly tender and plump. Oyster-sauce, made good, with butter and a little cream, must be served with it. Garnish with lemon, or barberries: a tea-spoonful of lemon-pickle improves the sauce, or it may be soy if you like it better.

#### *To boil Fowls.*

Dust them well with flour: put them into a kettle of cold water, cover it close, and set it on the fire. When the steam begins to rise, take it off: put on the cover, and let them boil twenty minutes: take them off, cover them close, to keep in the steam, and the heat of the water will stew them enough in half an hour: it keeps the skin whole, and they will be both whiter and plumper than if they had boiled fast. When you take them up, drain them, and pour over them white sauce, or melted butter and parsley.

#### *To boil young Chickens.*

Singe them, and dust them well with flour: put them in cold water, cover them close, and set them over a slow fire: take off the steam, and let them

boil slowly for five or six minutes. Then take them off the fire : keep them closely covered in the water for half an hour, and it will stew them enough. Put them on the fire just before serving, to make them quite hot. Pour over them white sauce, as for fowls.

*To boil Pigeons.*

Dredge them, and put them in cold soft water : boil them very slowly a quarter of an hour. Dish them up. Pour over them melted butter : lay round them brocoli in bunches, and serve parsley and butter in a boat.

*To boil Rabbits.*

Dust them with flour, and boil them three quarters of an hour at least. Smother them with onion-sauce, made as for ducks.

*To boil Ducks.*

Put the ducks in warm water for a few minutes ; then take them out, and lay them in boiling milk and water for two or three hours : when you take them out, dredge them well with flour : put them in a saucepan of cold water, and boil them slowly twenty minutes. Smother them with onion-sauce.  
*See Sauces.*

## POULTRY.

## TO ROAST.

*Green-Goose.*

Truss, spit, and singe the goose : lay it down to the fire : dust it with flour, and baste it well with dripping. Baste it three or four different times with cold dripping : it will make the flesh rise better than if you baste it out of the dripping-pan. If it is a large one, it will require three quarters of an hour to roast. When you think it is nearly done, dredge it with flour, sprinkle it with a little salt, and baste it with a small piece of butter, till there is a fine froth, and the goose is a nice brown. Dish it up with a little brown gravy under it.

*Stubble-Goose.*

Chop a few sage-leaves and two onions very fine ; mix them with a few crumbs of bread and a lump of butter. Pepper and salt to your taste. Put it into the goose. Spit and roast it as above. If it be a large one, it will take one hour and a half, before a good fire.

*To roast Ducks.*

• Stuff and roast them as above. The quicker

they are roasted the better they eat. If the fire be very good, they will be done in twenty minutes. Serve them with good, brown gravy. *See Gravies.*

*To roast a Turkey.*

Truss the bird with its head under its wing; then make your forcemeat as follows: The crumb of a penny loaf, a quarter of a pound of beef-suet shred fine, with nutmeg, pepper, and salt to your taste: mix it up lightly with an egg, and stuff the crop with it; or, you may stuff it entirely with sausage-meat. Roast it as you would a green-goose. If it be of a middling size, it will require one hour and a quarter roasting.

*To roast large Fowls.*

Put them down, when ready trussed, to a good fire: singe, dust, and baste them well. A little before taking up, sprinkle a little salt and more flour, and baste with a small piece of butter.

*To roast young Chickens.*

When you roast young chickens, only cut off the claws. Truss them, and put them down to a good fire: singe, dust, and baste them as above. They will take a quarter of an hour, or twenty minutes roasting.

*To roast Rabbits.*

When cased, skewer their heads, with their mouths open, upon their backs. Stick their fore-legs into their ribs, skewer their hind-legs double; then stuff them with crumbs of bread, a little beef-suet shred fine, parsley, knotted marjoram, thyme, and lemon-peel. Mix it together with one egg. Put it into the belly, and sew them up. Dredge and baste them well, as for fowls. Roast them nearly an hour. Serve them with parsley and butter, or liver-sauce. *See Sauces.*

*To roast a Hare.*

Skewer the hare with the head upon one shoulder, the fore-legs stuck into the ribs, the hind-legs double. Make the stuffing as for rabbits: put it in the belly of the hare. Baste it well with vinegar and water for half an hour; then pour some milk into the dripping-pan: let it mix with the dripping, and baste the hare constantly. Dredge it frequently with flour, particularly the last half hour. If it be a large one, it will require an hour and a half roasting. Dish it with good gravy and currant-jelly sauce.

*To roast Pheasants or Partridges.*

Keep them at a good distance from the fire;

dust them and baste them often. If your fire is good, half an hour will do them. Serve with plenty of gravy.

### *Woodcocks and Snipes.*

Pluck them, but do not draw them. Put them on a small spit, toast a few slices of a penny-loaf, put them on a clean plate, and set it under the birds while they are roasting. If the fire be good, they will take about ten minutes roasting. When you draw them, lay them upon the toast, on the dish. Serve with plenty of gravy.

### *Wild Ducks.*

When the ducks are ready dressed, put in them a small onion, pepper, salt, and a spoonful of red wine. If the fire be good, they will roast in twenty minutes. Make gravy of the necks and gizzards, a spoonful of red wine and essence of anchovy, a blade or two of mace, a slice of lemon, and a little cayenne pepper : strain it through a hair-sieve. Put in a spoonful of browning, and pour it on the ducks.

### *To roast Pigeons.*

When you have dressed your pigeons, roll a little lump of butter in chopped parsley, with pep-

per and salt. Put it in the pigeons. Spit, dust, and baste them. If the fire be good, they will be roasted in twenty minutes. When they are done, lay round them bunches of asparagus. Serve them with parsley and butter, or gravy.

*To roast Larks.*

Put a dozen of larks on a skewer, tie it to the spit at both ends, dredge and baste them. Let them roast ten minutes. Take a few bread-crumbs, brown them, and lay them on the dish. Lay the larks on them, and pour some gravy round.

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GRAVIES AND SAUCES.

*To make Gravy for keeping.*

Take one or two bullock's milts, sear them well, flour them, put them into a frying or stew-pan, with a piece of butter and a couple of large onions sliced, to draw the gravy. When sufficiently drawn, put, by degrees, boiling water, but observe to keep it thick enough; then put it into a large sauepan, with an ounce of garlie, three or four onions, a good handful of winter savory, (knotted marjoram is best,) a handful of that also,



with the addition of pot and lemon-thyme, two or three pints of stale beer, and, if you have any bottoms of elder-wine, a pint or more of that; the same of walnut and mushroom-catsup, with two ounces of morels, if you have them, and two ounces of bruised allspice: boil it all together for an hour. If you have any gravy, under dripping or elsewhere, or any bones or bits of meat, put it into it, with sliced carrots. The whole will make two or three gallons. If you do not think the flavour sufficiently strong, add more catsup. It will, if well made, keep two months.

#### *Apple-sauce.*

Peel, core, and slice some apples. Put them into a saucepan, with sufficient water to prevent their burning. Lay the peel on the top, to preserve their colour. When done sufficiently tender to mash, take off the peel, bruise the fruit, add a little moist sugar, and set it again on the fire till quite hot. Serve it in a tureen.

Some add a piece of butter about the size of a nutmeg, and a bit of lemon-peel.

#### *Onion-sauce.*

Boil eight or ten large onions with a good-sized turnip: change the water two or three times.

When sufficiently done to beat through a colander, add a bit of butter and a little milk. Boil it for a short time, and send to table quite hot.

### *Bread-sauce.*

Grate some white stale bread : in the meantime have ready a large onion cut into four, and boiled till quite a pap, in some milk seasoned with black pepper. Strain it, and pour on the bread. Cover it up close, and let it stand an hour ; then put it into the saucepan again, with a good piece of butter mixed with a little flour. Boil up the whole together, and serve.

### *Sweet-sauce for Hare or Venison.*

Simmer some currant-jelly in a little port wine, and send hot to table.

### *Egg-sauce.*

Boil the eggs very hard, cut them into small pieces, but not very fine, and put them into good melted butter.

### *To make dried Parsley and Celery-sauce in the winter.*

Take a little of the seeds of either, tied up in a

clean rag, and boil them about ten minutes. Take them out; then, into as much of the liquor as you require, dredge a little flour; melt some butter, and warm it all together. Send it to table in a boat. You may chop a little boiled spinach and add to it, if you can procure it; but it is very good without.

*To make Lobster-sauce.*

Bruise the body of a lobster into thick melted butter, and cut the flesh into it in small pieces; stew all together, and give it a boil. Season with a little pepper, salt, a very small quantity of mace, and a little essence of anchovy.

*To make Oyster-sauce.*

As you open the oysters, put a pint into a basin, wash them out of their liquor, and put them into another basin. When the liquor is settled, pour it clean off into a saucepan, with a little white gravy and a tea-spoonful of lemon-pickle. Thicken it with flour and a good lump of butter. Boil it three or four minutes. Put in a spoonful of good thick cream or milk. Put in the oysters, and keep shaking them over the fire till they are quite hot; but do not let them boil, as it will make them hard and look small.

*Pocket, or Fish-sauce.*

Take half a pint of mushroom and half a pint of walnut-eatsup, six anchovies, pounded; three whole ditto, three pounded shallots, two table-spoonfuls of soy, one tea-spoonful of cayenne-pepper. Shake the bottle before you use it.

*Quin's Fish-sauce.*

One pint of mushroom-eatsup, one pint of walnut-pickle, twelve cloves of garlic, bruised; twenty anchovies, well bruised; two ounces of horse-radish, seraped: a little cayenne-pepper. Let it stand together a week, well shaking it, and it will be fit for use.

*Fish-sauce.*

Chop three anchovies, two onions unpeeled and cut into quarters; add one large spoonful of vinegar, a quarter of a pint of water, and a little bunch of sweet herbs and horse-radish. Let them boil till the anchovies are melted; then strain it to the butter, which should be melted thick.

*White Gravy, for boiled Fowls or Veal.*

Take the heads and necks of fowls nicely

cleaned, or bones of veal, and boil them in water with a little mace. When sufficiently stewed, strain it off, and let it stand to be cold. Just before you send them to table, beat up the yolk of an egg in a little milk, mix it with a little of the cold gravy, simmer it up, but do not let it boil. Garnish with lemon.

*Burnt Butter for sauce or thickening.*

Put half a pound of butter into a stew-pan. When it is burnt brown, you must keep shaking in some flour, six anchovies, four shallots, some whole pepper of both sorts, and mace. You must keep shaking it as you put the flour in, and then stirring it till it is quite like a paste. Keep it in a gallipot, to thicken all brown gravies.

*Gravy for a Pig.*

Boil the liver, lights, and pettitoes, in a small quantity of water, with an onion. When sufficiently done, the water which is drained from them, mixed with a little eatsup, and thickening composed of butter and flour, will make gravy sufficient for a pig.

*Liver-sauce.*

Par-boil the livers of rabbits with a small bunch

of parsley, and chop them both together very fine, adding a little salt. Have ready some melted butter, with a tea-spoonful of catsup. Put in the liver, and boil it up together. If fried, pour it over the joints : if roasted, send to table in a sauce-boat.

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## VEGETABLES.

### *Asparagus.*

Have ready a pan of cold water, into which lay the asparagus as you scrape it, which should be done very carefully. When they are all prepared, tie them in bunches, and put them into a saucepan of boiling water, into which a handful of salt should be thrown. Take them up when tender ; for, if over boiled, they lose their colour and taste. Toast a slice of bread on both sides, dip it into the liquor in which the asparagus was boiled, and lay it on a dish. Place the asparagus on it, all round the dish, with the heads upwards.

### *Artichokes.*

Twist off the stalks, and put them into cold water, with the heads downwards. They will require three hours, or three hours and a half boiling,

unless you put a tolerably-sized piece of butter into the water, which will make them boil in half the time, and render them plump and delicate. You can best ascertain whether they are sufficiently dressed, by pulling out a leaf; and, if it draws easily, they are done. Send them to table, with melted butter in small cups. You had better gather them a few days before they are wanted, and keep them in a cool place.

### *Brocoli.*

Pare the stems from the outer skin, and cut off the stalks, leaving about two inches of it. Have ready some boiling water, into which throw a handful of salt. Put the brocoli in: as soon as the stalks are tender, it is sufficiently dressed. Be careful not to break the heads, when taking them up.

### *Peas.*

Shell the peas just before you want them. Put them in boiling water, with a little salt. When they begin to dent in the middle, they are done. Strain them through a colander, place a lump of butter in the dish, and stir them till it is melted. Boil a sprig of mint in a separate water: chop it fine, and lay it in little lumps round the edge of the dish.

N. B. The water in which vegetables are dressed

should always boil very fast. If it has been long boiling before they are put in, it is apt to turn them very brown.

### *Windsor Beans.*

Boil them in a considerable quantity of water ; add, as before, a handful of salt. Serve with parsley and butter.

### *French Beans.*

Cut the ends of the beans off ; then cut them slant-ways, and slice them into salt and water as you do them. Boil them in a large quantity of water, with a handful of salt in it, and they will be of a fine green.

### *Turnips.*

Pare off the rind very thick, cut them in two, and boil them in a pot, either with or without meat. If you serve them mashed, press the liquor from them between two plates or trenchers ; put them into a pan, with salt and a little butter, and bruise them thoroughly. Or, you may send them to table whole ; and, indeed, many prefer them so.

### *Carrots.*

Require a great deal of boiling. Young ones



should be wiped in a cloth after they are boiled, but the old ones must be scraped previous to dressing. Young spring-earrots will be done enough in half an hour: larger ones require an hour; but old earrots must have two hours allowed.

### *Potatoes.*

Wash them clean; put them into the saucepan, just covered with water; let them simmer till they are done enough; pour the water from them, and set them on the fire a few minutes, to dry, with the cover on. When paring they should always be covered with a cloth: it not only keeps in the heat, but renders them meally. Young potatoes should be rubbed in a cloth previous to boiling.

### *To scallop Potatoes.*

Boil the potatoes; then mash them in a bowl with a little milk or cream, a lump of butter, and some salt. Put them into scallopped shells, make them smooth on the top, seore them with a knife, lay thin slices of butter on the top of them, and put them into a Dutch-oven, to brown before the fire.

### *To mash Potatoes.*

Potatoes, to mash well, should be meally. Let

them be thoroughly boiled, and beat them in a basin, with a little salt, milk, and butter, till no lumps remain. Put them into the saucepan and make them warm, previous to sending them to table.

### *Cabbage.*

Quarter it, and boil it in plenty of water, with a handful of salt. When it is tender, drain it in a colander, but do not press it. Savoy-greens are to be dressed in the same way, only be very careful to drain the water from them.

### *Parsnips*

Require to be boiled very tender. They may be served whole with melted butter, or mashed with a little milk, butter, flour, and salt.

### *Spinach.*

Let the water boil: put a handful of salt in it. Press the spinach down with a spoon as you put it into the saucepan. Boil it quick: take it up when tender, and press out the water. Lay it in the dish, smooth it, and serve it in squares.

### *Sea-calc*

Must be boiled very white, and served on toast, like asparagus.

*Mushrooms.*

Choose the large buttons, or the small flaps while the fur is still red: rub the buttons with a little milk and water, or salt and flannel: take out the fur from the others: sprinkle them with salt, and simmer them slowly in a stew-pan, with a few pepper-corns, till they are done, which you will easily perceive; then add a small bit of butter and flour, and two spoonfuls of cream. Give them one boil, and serve with bread sippets.

*Dressed Salad.*

Boil an egg hard: separate the yolk from the white, and bruise it in a bowl, with three or four tea-spoonfuls of ready-made mustard, a table-spoonful of oil, (unless you prefer cream,) two or three table-spoonfuls of vinegar, the same quantity of water, and salt to your taste. Chop the white of the egg into small pieces, with the lettuce, cress, radishes, or any salad-herb you may prefer, and mix the whole together.

## PASTRY.

*To make a light Paste.*

Take one pound of fine flour and dry it before the fire : rub in a quarter of a pound of fresh lard very thoroughly : make it with water into a pretty stiff paste ; (all crust requires more water in winter than summer to make it sufficiently soft ;) then roll it out very thin, and spread over it half a pound of butter and lard mixed together. There should be more butter than lard, or you may put only butter. Dust flour over it : roll it up, and cut it out as you want it to cover your dishes ; or you may put the butter in at twice instead of once, should you prefer this plan.

*To make a crisp Paste for Tarts.*

Take one pound of fine flour mixed with one ounce of loaf-sugar : make it into a stiff paste with a quarter of a pint of boiling milk, and three ounces of butter in it : work it well, and roll it very thin. When you have made the tarts, beat the white of an egg a little, and rub it over them with a feather : sift a little sugar over them, and bake them in a moderate oven.

*To make a rich Paste for Dish-pies.*

Take one pound of fine flour, rub it into half a pound of butter: make it into a stiff paste: roll it out, then put the butter on in thin pieces; dust it with flour and roll it up tight. When you have done it two or three times, roll it out pretty thin, and bake it in a quick oven.

*To make a common Paste for Meat or Fruit-pies.*

Take one pound of flour: rub in a quarter of a pound of beef-dripping, and mix it with water to a pretty stiff paste; then roll in another quarter or half a pound of dripping. Dust it well with flour before rolling it up.

*A Hare Pie.*

Cut a large hare in pieces: season it well with mace, nutmeg, pepper, and salt: put it in a jug with half a pint of water, or half a pound of butter: cover it up close with a paste or cloth: set it in a copper of boiling water, and let it stew one hour and a half; then take it out to cool. Make a rich forcemeat of a quarter of a pound of seraped bacon, two onions, a glass of red wine, the crumb of a penny loaf, a little winter savory, the liver cut small, and a little nutmeg. Season it high

with pepper and salt: mix it well up with the yolks of two eggs. Raise the pie, and lay the forcemeat at the bottom. Lay in the hare with the gravy that came out of it: lay the lid on, and put flowers or leaves on it.

### *A savoury Chicken Pie.*

Let the chickens be small: season them with mace, pepper, and salt. Put a lump of butter into every one of them: lay them in a dish with the breasts up, and lay a thin slice of bacon over them, which will give them a pleasant flavour; then put a pint of water or gravy. Bake it in a moderate oven.

### *Venison Pasty.*

Bone a breast or shoulder of venison: season it well with mace, pepper, and salt: lay it in a deep pan, with the best part of a neck of mutton cut in slices and laid over the venison. Pour in a glass of red wine: put a coarse paste over it, and bake it two hours in an oven; then lay the venison in a dish, and pour the gravy over it, and put some butter on it. Make a good puff paste, and lay it near half an inch thick round the edge of the dish: roll out the lid, which must be a little thicker than the paste on the edge of the dish, and lay it on. Cut flowers and leaves, and place on the

lid. If you do not want it to make up directly, it will keep in the pot it was baked in eight or ten days ; but keep the crust on, to prevent the air from getting into it.

### *Common Veal Pie.*

Take the middle or scrag of a neck of veal : season with pepper, salt, and mace. Put half a pint of water into the pie ; and when it is baked, if to eat cold, skim off the fat, and pour a little beef or other gravy into it. They make nice supper-dishes, if made small, to eat cold in summer.

### *Richer Veal Pie.*

Cut and season the veal as above ; but add two sweet-breads, the yolk of eggs boiled hard, and forcemeat balls. Pour in some gravy, and bake with a good puff paste over it.

### *Pigeon Pie.*

Season the pigeons with pepper and salt : roll a little lump of butter also into the seasoning, and put some into each pigeon. Lay a beef-steak on the bottom of the dish, and place the pigeons on it. You may put in hard eggs if you like them : add half a pint of water : cover with a good paste, and bake. Wash the lid over with the yolk of an egg.

*Mutton Pie*

May be made of a leg that has been but lightly done ; or you may make it of the steaks of a loin or neck of mutton. Season with pepper, salt, and a little onion.

*Giblet Pie.*

When the giblets are well cleaned, put them in a saucepan, with a bunch of sweet herbs and an onion stuck with cloves. Pepper and salt to your taste. Let them stew gently in a small quantity of water, till they are tender. Put them into a dish, with a beef or mutton steak at the bottom ; or, if you have giblets enough, you may leave this out. Put the liquor in which they were stewed into the pie, after straining it.

*Common Patties.*

Take the kidney part of a fat loin of veal : chop the kidney, veal, and fat, very small, all together. Season it with mace, pepper, and salt, to your taste. Raise little patties the size of a tea-cup : fill them with the meat, and put thin lids on them. Bake them very crisp. Five are enough for a dish.



*Oyster Patties.*

Cover the patty-pans with a good paste : you must put a little piece of bread into them, to prevent the crust from falling in ; or the tops may be baked separately, and used as covers when they go to table. Prepare the oysters to fill them, as follows : take off the beards, and put the oysters, either whole or cut into pieces, into a saucepan, with a little cream, white pepper, salt, nutmeg, mace, and a little grated lemon-peel. Simmer for a few minutes. Fill the patties, and put on the tops.

*Shrimp Patties.*

Pick them and season as above ; then stew them and fill the patties.

*Lobster Patties.*

Cut the body in small picces : stew and season as for oyster and shrimp patties.



## FRUIT PIES.

*Codlin Tart.*

Scald the fruit and take off the skin : lay them

in your dish, with a little lemon-peel. Sweeten to your taste. Be careful not to put too much water into your dish, as it makes the sugar boil out, and spoils the paste at the edge.

### *Apple Pie.*

Pare the apples, and put a clove or two with them into a dish, as it gives the fruit a very pleasant flavour, particularly in winter, when the pie is eaten hot; or you may slice a quince with the fruit, if you like the flavour.

### *Currant Pie*

Should have a few raspberries mixed with the fruit.

### *Cherry Pie*

Should have a mixture of other fruit with it, currants or raspberries.

### *Mince Pie with Meat.*

Take one pound of lean beef boiled till quite tender. Pick it clear from sinews and strings. Chop it very fine; then add two pounds of beef suet shred fine, three pounds of currants, two pounds of chopped apples, a lemon boiled till

tender and chopped fine, half a pint of home-made wine, and a quarter of a pint of vinegar. Nutmeg, allspice, a few cloves and mace, all finely powdered, should be added to it, with sugar to your taste. Put candied orange and lemon-peel, cut in small pieces, into your pies when you make them.

### *Mince Pie without Meat.*

Chop fine three pounds of apples, three pounds of suet, three pounds of currants, one pound of jar-raisins stoned, and two lemons boiled till tender. Sweeten with one pound and a half of moist sugar. Add a quarter of an ounce of nutmeg, half that quantity of cinnamon, six or eight cloves, a quarter of a pint of brandy, a quarter of a pint of elder wine, and a tea-cupful of vinegar. Pot it close, and keep it for use. You may, if you please, omit the brandy, and add sweet or other wine, but it keeps better with it.

### *Pyramid of Pastry.*

Roll puff paste about a quarter of an inch thick : cut a piece of an oval shape, about six inches long and four wide : cut pieces out round the edge, in the form of vandykes, so as to leave the ends pointed : then cut another piece in the same way, but rather smaller, and so on till you have cut

seven pieces, the last piece will not then be more than an inch long. Prick them with a fork to keep them from blistering. Put them on an iron plate, to bake in a warm oven. They should be baked a nice light colour, and, when cold, spread some raspberry-jam on the largest piece: put it on the dish and the next sized piece on that; and so on until the whole is on, putting currant-jelly and different kinds of jam between each layer, and letting the jam show well at the edges, but not to run over.

#### *Curd Cheesecakes.*

Take a gallon of milk, warm from the cow: make it into curd with two table-spoonfuls of rennet. When it is well drained from the whey, rub it through a milk-sieve, with a quarter of a pound of butter. Have ready the yolks of eight eggs well beaten and strained, ten Savoy biseuits grated, and two ounces of Jordan almonds pounded, with a spoonful of orange-flower or rose-water, nutmeg, sugar, or grated lemon-peel, to your taste: currants as you like. Mix all well together with a table-spoonful of brandy. Fill the patty-pans just before baking.

#### *Apple Cheesecakes.*

Take a quarter of a pound of apples grated, a quarter of a pound of butter, a quarter of a pound of sugar, the yolks of three eggs, and one white;

the juice of a lemon, and the rind grated. Mix all well together, and fill the patty-pans rather more than half full.

### *Ground Rice Cheesecakes.*

To a coffee-cup of ground rice, put a pint of milk, and boil it well over the fire. Add to it a quarter of a pound of butter, a quarter of a pound of sugar, a quarter of a pound of currants, and three eggs well beaten.

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## PUDDINGS.

### *Plain Suet Pudding.*

Take flour and suet, with two eggs, and a little salt: add a sufficient quantity of milk to make it into a very thick batter. Mix it well with a spoon. Boil it in a basin well buttered, or in a cloth well dredged with flour. It will take two hours boiling, or three in a basin.

### *Plain Plum Pudding.*

The addition of plums or currants to the above, will make a nice plain pudding, suitable for families.

*Batter Pudding.*

Take three eggs, some flour, and a little salt, with sufficient milk to render it about the thickness of cream. Beat it well with a spoon, till quite smooth. If made, and left to stand an hour before you want to put it into the pot, it will be better. Observe to stir it thoroughly at last, or the flour will sink to the bottom. Butter the basin, or dredge the cloth well, if boiled in one. Half an hour will boil it.

N. B. You may put more eggs in a batter-pudding, if you wish it particularly good and light: but this quantity is sufficient for plain family puddings.

*Yorkshire Pudding*

Must be made exactly like the foregoing. Rub a little dripping round the tin, and put it under the meat while roasting. If the meat be fat, and too much drops into the pudding-pan, take it up when half done, and pour some of the fat from it. Before you dish it for table, pour the fat clear from it.

*Baked Rice Pudding.*

To three table-spoonfuls of rice, add a quart of milk, a table-spoonful of beef-suet shred fine,

and sugar to your taste. Butter your dish before putting it in. It is a very good way just to put the rice into some water, and let it swell over the fire, before you put it into the dish for baking. Stale bread and butter may be laid on the top.

*A boiled Rice Pudding.*

Pick the rice very clean, and wash it in water. Tie it loosely in a cloth, and boil an hour. A little butter rolled in flour, and melted in milk, is a nice sauce, or you may serve with plain melted butter.

*A richer kind.*

Take any quantity of rice you think proper, and wash it. Tie it loose in a cloth, and boil it an hour. Take it up: grate in a good deal of nutmeg, stir in a large piece of butter, sugar to your taste, and two eggs well beaten. Tie it up close, and boil it an hour or more; then send it to table with what sauce you please: either butter and sugar; or butter, sugar, and wine; or milk and butter.

*Another way, with Fruit.*

Tie the rice in a cloth, as directed above. When it is swelled, take it out of the pot, and put to it gooseberries, cherries, plums, apples, or any other

fruit. Tie it up again, and boil it till the fruit is tender.

*Plain Batter Pudding, with Fruit.*

Make a batter with one or two eggs, and sweeten it with sugar. Mix it with any kind of fruit, and bake or boil as you may prefer. This is a nice pudding for children.

*Potatoe Pudding.*

Beat to a froth the yolks and whites of two eggs, two ounces of butter, and a quarter of a pint of milk or cream: (if you use milk it will require rather more butter:) add to this eight ounces of boiled potatoes, a pinch of salt, and the juice and rind of a lemon. Beat it all well together, being careful that the potatoes have no lumps in them. Sugar to your taste. Put a crust or not in the dish, as you like. Sweetmeats, almonds, another ounce of butter, and one more egg, will make it, if you wish, very rich.

*Preserved Raspberry Pudding.*

Mix flour and suet with water enough to make a stiff paste: roll it out, and spread raspberry or other jam over it; then roll it round and round: tie it up tight in a well-floured cloth, and boil an



hour. Some people prefer the paste made with lard instead of suet.

*A plain Gooseberry Pudding.*

Make a paste as for jam puddings : roll it out, and line your basin with part of it : put in a layer of fruit, then some sugar, then more fruit and sugar, and a little water. Cover it over the top with the remainder of the paste. Boil an hour, or an hour and an half. Put all puddings into the pot when the water boils. Some people roll out the paste, put in the fruit, and close the crust longways and at the ends. Boil it in a cloth. Damson puddings, and all other fruit puddings, are made this way.

*Peas' Pudding.*

Boil the peas in a cloth till they are quite tender. Take them up and untie it ; then stir in a good piece of butter, with a little salt and pepper, to your taste. Tie it up tight again, and boil it an hour longer, when it will be done.

*Baked Apple Pudding.*

Coddle some apples, take off the peel, and separate the core : mash them well with two eggs :

with sugar to your taste, a quarter of a pound of butter, the crumb of a small roll, and the juice and rind of half a lemon. Beat them all together, lay it into a paste, and bake it. You should turn it out of the dish to send to table.

### *Bread and Butter Pudding.*

Butter and cut thin some slices of French roll; put them in a dish, and strew currants over them; then another layer of roll, and some more currants, and so on till you have filled the dish. Then beat two or three eggs in a pint of milk, sweetened with sugar; pour it over the whole, and let it soak two hours before you bake it. Some prefer the milk flavoured with nutmeg, and a little cinnamon or ratifa. The addition of candied peels and almonds makes it extremely rich and good.

### *Gound Rice Pudding.*

To a quart of milk add three ounces of ground-rice: boil it till smooth and thick; then put to it three ounces of butter, sugar to your taste, a little ratifia, and three eggs well beaten: mix all together, and pour it into a dish covered at the bottom with a paste. More butter and eggs may be put, if you require it very rich; also candied-peels and almonds.

*Plum Pudding.*

Take half a pound of bread, half a pound of suet, half a pound of raisins, half a pound of eurrants, four eggs, two table-spoonfuls of brandy, with a little nutmeg and sugar. Boil three, four, or five hours. The longer a plum-pudding boils, the nieer and rieher it will look and eat.

*Lemon Pudding.*

Put a quarter of a pound of moist sugar to a quarter of a pound of butter: melt them over the fire till well mixed. When nearly cold, add the rind and juice of a lemon, or more lemon-juice and rind if you wish it, with three eggs well beaten, and a little nutmeg. Bake it in a paste half an hour.

*German Puffs.*

Take two table-spoonfuls of flour, two eggs well beaten, half a pint of milk or cream, two ounces of melted butter: stir all well together. Add a little nutmeg and salt, or sugar if you prefer it. Put them in tea-cups, or little deep tin moulds, half full. A quarter of an hour will bake them, in a quick oven; but let it be hot enough to colour them at top and bottom. Turn them into a dish, and strew sugar over them.

*Bath Puddings.*

Take six eggs, leave out four whites: put a pinch of salt, one spoonful of orange-flower water, or rose-water, one spoonful of brandy, three ounces of sugar, and four spoonfuls of flour: add a pint of milk: bake them in small patty-pans or cups, well buttered. Half an hour will do them. Pour a little white wine and sugar over them when you send them to table.

*Suffolk Dumplings.*

To half a pint of milk, put two eggs, a little salt and nutmeg, and sufficient flour to make a stiff batter. Have ready a saucepan of water, boiling very fast: drop the batter into it. Two or three minutes will boil them. Lay them on a sieve to drain: put them into a dish, and stir in cold butter with them. They should be sent to table as hot as possible.

*Lay Pudding.*

Take a pint of cream, three ounces of butter, and a little nutmeg. Set it over the fire till it is hot; then add four eggs well beaten, and sugar to your taste: continue stirring it over the fire till it is thick; but it must not boil. Put a paste round the edge of the dish, and a slice of bread and

butter, covered with beef-suet and currants, at the bottom. When the cream is cold, pour some of it on the bread; then lay another sippet, covered in the same way as the former; then some more cream, and so on till you have filled the dish: pour all the cream in, and let it stand an hour to soak. A quick oven will bake it in half an hour.

*Lemon, or Shropshire Dumplings.*

Take the rind and juice of a lemon, half a pound of grated bread, rather less than half a pound of beef-suet cut very fine, and a quarter of a pound of pounded sugar: beat up two eggs: mix the whole together, and roll them into balls: tie them in a cloth: boil them half an hour. Use wine-sauce.

*White Bread Dumplings.*

Grate the crumb of a two-penny loaf fine; as much beef-suet, shred as fine as possible; a little salt and nutmeg to your taste; two eggs, two spoonfuls of white wine: mix all well together, and roll them up of the size of a turkey's egg, and throw them into boiling water. Half an hour will do them. Serve with melted butter and a little salt in it. Some strew sugar all over the dish, in preference.

*Princess Amelia's Puddings.*

Take the pulp of two large apples, boiled as for sauce ; mix the crumbs of two penny rolls, two eggs, a bit of butter the size of a walnut, with nutmeg and sugar to your taste. Bake them in tea or custard-cups, well buttered. Half an hour will do them. Serve with sauce made of butter, sugar, and white wine mixed.

*A Beggar's Pudding.*

Take some stale bread, and pour over it some hot water. When it is well soaked, press out the water and mash the bread : add some pounded ginger, some nutmeg grated, a little salt, rose-water, white wine, Lisbon sugar, and some currants : mix these well together, and lay it in a well-buttered dish : flatten it with a spoon, and put some pieces of butter on the top. Bake it in a gentle oven, and serve it either hot or cold. Turn it out of the pan, and sift sugar on the top.

*To make a boiled Pudding.*

Take a quarter of a pound of beef-suet, shred fine ; three quarters of a pound of raisins, stoned ; a little nutmeg, half a pound of sugar, a table-spoonful of brandy, and four eggs. Beat in four

spoonsful of cream or milk, a little salt, and half a pound of flour. Mix all well together, put into a basin, and let it boil four hours.

### *A nice Pudding.*

Take a quarter of a pound of Naples biscuits, and grate them ; a quarter of a pound of currants, a quarter of a pound of suet shred fine, a spoonful of sugar and some nutmeg : mix all well together with the yolks of two eggs, well beaten. Make them up in balls as big as a turkey's egg, and fry them in butter, of a light brown. Serve them with melted butter and white wine simmered together.

### *Snow Balls.*

Scald some pippins, and peel them ; roll them in rice, pretty thick ; tie them in a cloth, and boil them till soft ; then turn them out. Melted butter and sugar for sauce.

### *Black Puddings.*

Take the pig's pluck, boil it and make broth of it : well pick a quart of whole oatmeal, and boil it in the strained broth till tender. Before you boil the oatmeal, wash it well in hot water. Cover it down close, to swell. When almost cold, put in

some blood which was caught when the pig was killed, with a little salt. Melt some of the leaf, and put in a good deal of the fat, with a plate of bread-crumbs, grated ; four eggs, well beaten ; a handful of pennyroyal, and a few sweet leeks, chopped very fine. Season with pepper, salt, and nutmeg. Mix the whole together, and fill the skins. Put as much of the leaf-fat, cut in small pieces, as you like. An hour will boil them. Care must be taken that they do not boil too fast, as it will break them. When done, lay them in a coarse cloth, separate from each other, and they will keep better.

N. B. When puddings of all kinds are boiled, they are apt to adhere to the basin or cloth : to prevent which, when you take them out of the pot, dip them rapidly into cold water. Bread-puddings should be tied loose, and batter-puddings tight over. The water should boil fast when they are put in.

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## CAKES AND BREAD.

### *Seed Cake without Butter.*

To three quarters of a pound of flour, well dried, add one pound of lump sugar, and eight



eggs, with all the whites well beat : put caraways or eurrants as you like.

*Bath Cake.*

Take two pounds of flour, three quarters of a pound of butter, one pound of sugar, and three eggs ; with brandy, rose-water, and white wine, an equal quantity, enough to make it into a paste : add one ounce of caraway-seeds.

*Plain Cake.*

To half a gallon of flour and six ounces of lard and butter, put two ounces of earaway-seeds, and rather more than a quarter of a pound of sugar, wetted with milk. Lay it to rise the night before.

*Another.*

To one quart of roll-dough rub in a quarter of a pound of good lard, and half that quantity of butter : or it is excellent made with all beef-dripping, half a pound of sugar, half a pound of currants, or one ounce of caraway-seeds, if you prefer them. Knead them all well into the dough, let it stand an hour to rise, before the fire, and then bake it.

*Biscuits.*

Two pounds of flour, a small bit of butter about

the size of a walnut melted in new milk, and beat up with one egg, should be made into a stiff paste. Bake in a quick oven.

### *Sponge Cake.*

Take six eggs, the weight of these six in sugar, powdered ; fine flour, the weight of four eggs ; and the rind of a lemon, grated. First whisk the eggs : put in all the sugar at once, and the flour by degrees. Beat all till it goes in the oven, which must be at the least half an hour : the more it is beaten the lighter it will be.

*To make Yorkshire Cakes for Breakfast, as good at the end of a fortnight as at first.*

Take two pounds of flour, and rub into it two ounces of butter ; then break in two eggs, and add two large spoonfuls of well-watered yeast. Wet with warm milk to as light a dough as you can make up. Set it before the fire to rise. This quantity makes about twelve cakes. Bake them about twenty or thirty minutes, not in too hot an oven : the slacker they are baked the better. When you heat them, make your Dutch-oven hot, and put it at a distance from the fire. A little time heats them through.

*To make small Cakes.*

One pound of flour, one pound of moist sugar, four eggs, two ounces of caraway-seeds, a quarter of a pound of butter, a quarter of a pound of lard, rolled out to a thin paste, and cut with a glass or tin into little cakes.

*Rock Cakes.*

Take one pound of flour, half a pound of sugar, six ounces of butter, six ounces of currants, two ounces of caraway-seeds, four eggs, and a little brandy and wine, if agreeable. Do not mix it with your hands, but use a spoon. Drop it with a spoon on tins in little cakes.

*Yull Cakes.*

One quart of roll-dough, a quarter of a pound of butter, half a pound of currants, a few caraway-seeds, and a small quantity of moist sugar, to be made in the shape of buns, and eaten hot, buttered, for tea.

*Corporation Cakes.*

Boil half a pound of sugar and half a pound of butter together ; take as much flour as the butter

will wet, a table-spoonful of brandy, and a little nutmeg. Mix the flour and currants together; then pour on the boiling butter, and make up the whole into a stiff paste; press it out instead of rolling it, and cut it into any shapes you please. Half an hour will bake them. While hot, sift sugar over them. Keep them in a box, and they will be good for months.

### *Shrewsbury Cakes.*

One pound of flour, half a pound of sugar, and half a pound of butter. Rub the butter and sugar together with your hand; then the flour by degrees. Take one egg, well beaten, and mix with the paste. If it be very stiff, put one spoonful of cream; roll them out thin, and cut them into little cakes. A cool oven is best. Half an hour will bake them. They should be laid on buttered paper.

### *To make Rice Cakes.*

Seven ounces of butter beat to a cream, a quarter of a pound of flour, half a pound of ground-rice, half a pound of sugar, all beaten up; four eggs, two whites left out; a little grated lemon-peel, and a few almonds. Make this into a paste. Cut and bake as before.

*Little Loaves.*

Mix four pounds of flour, four whites of eggs, four ounces of butter, and two spoonfuls of yeast.

*Jumballs.*

A quarter of a pound of sugar pounded, a quarter of a pound of flour, two ounces of butter, one egg, and a few earaway-seeds. Leave out half the sugar to roll the cakes in. Cut them out in what shapes you please.

*Rice Cakes.*

Take seven eggs, leaving out half the whites, half a pound of loaf-sugar rolled fine, a quarter of a pound of ground rice, and a quarter of a pound of flour. The flour should be added the last, and the cake should be put into the oven as soon as made.

*Gingerbread-nuts.*

To three pounds of flour put one pound of moist sugar, one pound of butter rubbed in fine; an ounce and a half of ginger, an ounce and a half of earaway-seeds beat and sifted: add one pound of treacle, and a little cream, made hot together. Make it into a stiff paste, and bake

them in a slow oven. Add what sweetmeats you please. Bake on buttered tins.

### *To make Bread.*

Take three gallons, that is, twenty-one pounds of flour; or, if you make half a bushel, twenty-eight pounds. Set sponge the night before, by putting a good pint of yeast into three pints of lukewarm water. In winter, if the weather be very cold, the water must be warmer: mix it with a little of the flour, and let it lie covered up all night. The next morning make it up with three quarts of warm water and a handful of salt: knead it very thoroughly full half an hour. Let it lie, in winter, an hour to rise, before it goes to the oven: in spring and summer, when the weather is warmer, it will take less time. Always pour the yeast through bran put into a sieve: this takes off the bitterness, and strains the yeast clear.

### *To make Yeast.*

To one quart of water put a quarter of a pound of hops: boil it twenty minutes, and strain it; then take one quarter of a pound of flour, mix it as for starch, to a batter, and stir the hot water in by degrees. When milk-warm put a little yeast in. Set it in a warm place to ferment, about twelve or

fourteen hours ; then cork it down, and keep it for use. If put in a cool place it will keep a month. The next time of making you will not want any yeast : only put in a little of the old liquor. Before you use this kind of yeast, take two or three large potatoes, boil and mash them, and add as much flour to them ; then put it to the yeast, and let it stand by the fire till it ferments ; make up the bread with it, and let it stand all night by the fire. If it should not rise, work it up again, and let it stand an hour or two.

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## CREAMS, JELLIES, &c.

### *To make Snow-creams.*

To half a pint of cream add the yolks of three or four eggs, a table-spoonful of brandy, two of noyau, a glass of sweet wine, and sugar to your taste. Use the same seasoning for whips, but only the whites instead of the yolks of the eggs. Put the wine, brandy, noyau, and sugar, into the bottom of the pan ; then add the cream, and, when the eggs are well beaten, put them to the whole. If for whips, a chocolate-mill answers better than a whisk, for small quantities. When the froth rises, take it off with a spoon, and lay it on the shallow

end of a sieve. When you have froth sufficient, add a little more wine or brandy to the remainder of the cream, fill the glasses, and lay the whip on the top, making it look as rocky as you can.

### *Custards.*

Sweeten one quart of milk, in which boil a little lemon-peel with a little cinnamon, and let it stand to cool. Add the yolks of four eggs well beaten; to which put a tea-cup full of cream, and, if you prefer it, a few bitter almonds, rubbed up in a spoonful of brandy. A few bits of isinglass, boiled in the milk and strained, improve the milk, and supply the want of cream. Put the whole together, over the fire, to thicken, but it must not boil. Stir it constantly one way till it is thick.

### *Lemon-cream without cream.*

Squeeze three lemons, put the parings into the juice, cover it, and let it stand three hours; then beat the yolks of two eggs and the whites of four. Sweeten this, put it to the lemon-juice with a little orange-flower water, and set it over a slow fire till it becomes as thick as cream, but do not let it boil.



*Lemon-cream with cream.*

Pare two lemons, squeeze to them the juice of one or two small ones, and let it stand for some time ; then strain the juice to a pint of cream, add the yolks of four eggs beaten and strained, sweeten it, and stir it over the fire till thick : if agreeable, add a little brandy. Or, put to a pint of cream that has been boiled, the yolks of three eggs, the rind of a large lemon grated, sweeten it, and add a little brandy : then scald it till it thickens, and keep it stirring. Either of the two may be served in a dish with ratafia-cakes on the top.

*Lemon-cream frothed.*

Sweeten a pint of cream, add the paring of one lemon, put it over the fire, and let it just boil. Put the juice of a large lemon into a small, deep glass, or China dish ; and when the cream is almost cold, put it upon the juice, out of a tea-pot held as high as possible, and send it to table in the same dish.

*Blanc Mange.*

To one ounce of isinglass put one pint of water, and boil it till it is melted, with a bit of cinnamon :

put to it three quarters of a pint of cream or milk, two ounces of sweet almonds, six bitter almonds blanched and beaten, with a bit of lemon-peel; sweeten it, stir it over the fire, let it boil, strain it, and stir it till cool. Put it into the moulds, and, when quite stiff, turn it out. It is better made the day before you want it. Garnish with what you please. If you let the isinglass soak in water two hours before you wish to use it, it will boil in half the time. Wet your moulds previously to pouring in the blanc mange.

*To make a dish of Blanc Mange look like poached eggs.*

Pour it into a middle-sized tea-cup, three parts full. When cold turn it out, take a bit from the middle, and put in half a preserved apricot.

*Isinglass Jelly.*

$\frac{1}{2}$  One ounce of isinglass to a quart of water, which is to be boiled to a pint. Sugar and wine to your taste. The juice of a lemon should be added.

*Lemon Honeycomb.*

Take the juice of one lemon, and sweeten it with lump-sugar to your taste, a pint of cream, and the white of an egg; then put in some sugar,

and beat it up. As the froth rises take it off, and put it on the lemon-juice, till you have taken all the cream off upon the lemon. Make it the day before you want it, in a proper dish.

### *Solid Syllabub.*

To a quart of good cream put a pint of white wine, the juice of two lemons, the rind of one grated, and sweeten to your taste. Mill it with a chocolate-mill till it is all of a thickness ; then put it in glasses or a bowl, and set it in a cool place till the next day.

### *Trifle.*

Cover the bottom of the bowl or dish with Naples biscuits, macaroons broken in halves, and ratafia cakes : just wet them through with white wine. Make a good custard, not too thick, and, when cold, pour it over ; then a whip-syllabub over that. You may garnish with harlequins, flowers, jelly, or sweetmeats.

### *Dutch Blanc Mange.*

Put an ounce of isinglass into half a pint of boiling water, and boil it till dissolved : if much wasted, add more water, and boil in it a piece of

lemon-peel ; then take half a pint of white wine, and the yolk of three eggs, well beaten and mixed with the wine. Stir and shake it well, that it may not eurdle ; then put it to the isinglass, and add juice of lemon and sugar to your taste. Mix it well, and boil it a little ; then strain it through a lawn sieve, and stir it till near cold ; then put it into the shapes.

### *Clear Blanc Mange.*

Take a quart of strong calf's-feet jelly, skim off the fat, and strain it. Beat the whites of four eggs, and put them to the jelly. Set it over the fire, and keep stirring it till it boils ; then pour it into a jelly-bag, and run it through several times till it is clear. Beat one ounce of sweet almonds to a paste, with a spoonful of rose-water. Squeeze it through a cloth ; then mix it with the jelly and three spoonfuls of good cream. Set it over the fire again, and keep stirring it till it is almost cold. When you have taken it off, wet the moulds and fill them.

### *To make Curd Cheesecakes.*

Take a gallon of milk warm from the cow, make it into curd with two table-spoonfuls of rennet. When it is well drained from the wey, rub it through a sieve with a quarter of a pound of

butter. Have ready the yolks of eight eggs well beaten and strained, ten Savoy biscuits grated, two ounces of Jordan almonds pounded, a spoonful of orange-flower or rose-water, with nutmeg, sugar, and grated lemon-peel to your taste. Currants as you like. Mix all well together, and fill the patty-pans : just before they are put into the oven, add a spoonful of brandy. Cover the pans with thin, light paste, previously to pouring in the curd.

*Another.*

Turn a pint of new milk from the cow with two spoonfuls of rennet. Beat the curd to small pieces, and add three ounces of currants, a little nutmeg, fine sugar, lemon-peel, two eggs well beaten, and an ounce of butter or a spoonful of cream. Put some sweetmeats on the top.

*Gloucester Jelly.*

Take one ounce of rice, one ounce of pearl-barley, one ounce of sago, one ounce of cringo-root, and boil them in two quarts of water, till reduced to one. Take it with milk or raisin wine alternately : with milk in the morning and wine in the afternoon. It is a very strengthening jelly for weak constitutions, or after debilitating complaints.

*Excellent Calf's-feet Jelly.*

Take two calf's-feet, boil them twelve hours, skim them well, and strain the liquor through a colander. Add the juice of three good-sized lemons, a pint of wine, a wine-glass of brandy, the whites of eight eggs, and the shells broken and put in also: lump sugar to your taste. Put it all in a saucepan, and let it just boil. Strain it through a flannel-bag on some lemon-peel. If you are not desirous of having it very clear, the whites of half the number of eggs will do.

*To stew Pears.*

Take a dozen of large pears, and simmer them gently in spring-water till tender; then peel them, and make a syrup of one pound of lump sugar and a quart of water. Cut the pears in quarters, and put them into the syrup, with the peel of a lemon, and a pennyworth of cochineal tied in a bit of muslin: stew them till of a proper colour, and then add the juice of a lemon.

*Gooseberry Fool.*

Scald the fruit, and press it through a colander. Beat up an egg, and add a sufficient quantity of milk sweetened with sugar. Mix all together, and send it to table in a dish or glasses.

## PRESERVES.

*Orange Marmalade.*

Take the clearest Seville oranges, cut them in two, take out the pulp and juice, and pick out the seeds and skins. Boil the rinds very tender, changing the water three times whilst they are boiling; then pound them, with the pulp and juice, in a mortar. Put them into a preserving-pan, with rather less than their weight of sugar: say about the proportion of two pounds of fruit to one pound and a half of sugar. Use either loaf or East India sugar. Set it on a slow fire, and boil it sixty minutes. Put it in pots, and tie them down as usual.

*To preserve Green Codlings.*

Take the fruit when they are rather bigger than the largest-sized walnut, with the stalks and a leaf or two on. Put a handful of vine-leaves into your preserving-pan; then a layer of fruit, and then vine-leaves: continue doing so till the pan is full, and the vine-leaves are thick at the top. Fill it with spring-water, cover it close to keep in the steam, and set it on a slow fire till they become soft. Take them out of the pan, and take off the skins with a penknife: then put them in the same water again, with vine-leaves, which

must be cold, or they will crack. Put in a little alum, and set them over a slow fire till they are green; then take them out, and lay them on a sieve to drain. Make a good syrup, and give them a gentle boil for three days; then put them into jars, with paper dipped in brandy laid over them. Stone jars I think preferable for sweet-meats.

*To preserve Apricots or Plums green.*

Take the fruit before they have stones in them, which you may know by putting a pin through them, and coddle them in many waters, with vine-leaves, till they are green; then peel them, and let them coddle again. Make a syrup of a pint of water to a pound and a quarter of sugar, put them in it, set them on a fire to simmer slowly, till they are clear, and skim them often. They will be very green. Put them in jars for use.

*To preserve Apricots whole.*

Take aprieots when nearly ripe; rub them with a flannel dipped in warm water: then make a strong syrup, let it be stiff and quite clarified: put them into it, and let them boil SLOWLY for a quarter of an hour or TEN minutes, turning each. Put them into jars, and when cold put a paper over each, steeped in rum: brandy will not do so well.



*To preserve Raspberries.*

Take raspberries that are not too ripe, and put them to their weight in sugar with a little water : let them boil softly, and take care not to break them. When they are clear take them up, and boil the syrup till it be thick enough ; then put them in again, and when they are cold put them in glasses or jars.

*Red and Black Currant Jelly without boiling.*

Pick the fruit clean from the stems, and send them to the oven to bake ; or, you may put them in a jar or a pan, in a kettle of hot water, till they are fit to use, as you may prefer. Allow a pint of juice to a pound of sugar. Roll the sugar to a fine powder, put it in a jug, and pour the syrup *boiling hot* on the sugar, which keep stirring till all the sugar be dissolved ; then pour it into the glasses, and when cold tie it down in the usual way. Pour all the juice you can from the currants before you squeeze them, as the first will be the clearest. The juice you press out must be put in a saucepan, to be made hot, or it will not dissolve the sugar so readily ; but it is equally as good as the other.

*Damson Cheese.*

Take the stones out of the damsons, and to every pound of fruit add a quarter of a pound of lump-sugar : boil it several hours till it cleaves to the spoon. Apriots, green-gages, bullaees, &c. may be done in the same manner.

*Cherry Cheese.*

Take twelve pounds of fine ripe cherries stoned, and one pound of sugar : boil them in a preserving-pan till they are thick, and set them by till the next day : boil them again with some of the kernels whole, and put them into a very flat jar.

*To keep White Bullaces, Pears, Plums, Damsons, or Siberian Crabs, for Tarts or Pies.*

Gather them when full grown, and just as they begin to turn pick out the largest ; save about two-thirds of the fruit, to the other third put as much water as you think will cover the rest : boil and skim them. When boiled very soft, strain it through a coarse sieve, and to every quart of this liquor put in a pound and a half of sugar : boil and skim it well, throw in the fruit, just give them a seald, take them off the fire, and when cold put them into wide-mouthed bottles, pour on

the syrup, lay over them a piece of white paper, and cover them with oil. Be very careful in taking off the oil before you use them, which is best done with a sponge. Do not put them in larger pots or bottles than you think you may want to use at a time, as these fruits will spoil with the air.

*To preserve Siberian Crabs.*

Scald them, strain them from the water, and, when they are cold, add their weight of sugar, or a pint of water to every pound of sugar: boil it to a syrup, and skim it well; then put in the fruit, and let it stand all night. Then boil up some of the crabs in water till the water is flavoured with them, before they are put into the syrup; then strain off the liquor, and boil it with the syrup, putting the crabs in, and gently simmering them till they are done enough: strain them off, and when cold put them in the jars, and tie them down, as other preserves, for use.

*White Quince Marmalade.*

Take some quinces, pare and core them into water to prevent their blackening, and boil them so tender that a straw will go through them; then take their weight of sugar, beat and break the fruit with the back of a spoon, put in the sugar,

and let them boil fast, uncovered, till they slide from the bottom of the pan.

### *Bullaces.*

Take some bullaces, and fill a jar nearly full of them. At the top put a large handful of vine-leaves, and pour over them boiling water to cover them. When quite cold, tie them down, and keep them dry. Or, put them in bottles, cork and rosin them tight, put them in a slow oven, and let them stand till the skin just cracks. Take them out, let them stand to cool, and keep them in a dry place. Damsons or plums are equally good this way.

### *To preserve Cucumbers.*

Take some of the greenest and freshest small cucumbers you can get, put them in a strong salt and water, in a narrow earthen pot, with cabbage-leaves over; tie them down with a paper, and let them stand in a warm place till they are yellow; then take them out, wash them, and put them over the fire, with a little salt in the water to green them; put cabbage-leaves over, and cover the pan very close. Take care they do not boil. If they are not of a clear green, changing the water will help them. If you do that, you must let them be in the first water till the second is

made hot, and cover them as before. When you think them of a good green, take them off, and keep them in the water till they are cold. If you have any large cucumbers, cut them, and take out the seeds and soft part; then put them into water two or three days, changing the water twice a day, to take out the saltiness. Make a syrup of two pounds of lump sugar to a pint of water, some lemon-peel, and a good deal of ginger, first bruised. When the syrup is cold, put them in. Boil the syrup once in two or three days, for three weeks longer. If you would use them dry, take them out of the syrup, and set them in a dry place for a few days. Keep them three or four months before you use them.

#### *To preserve Strawberries.*

Pick them from the stems: put a pound of sugar to a pound of fruit: put them into a large China bowl, with a layer of sugar and a layer of fruit: let them lie so all night: then drain the syrup from them as dry as you can: put in the fruit, and boil them sufficiently to keep.

#### *Raspberry Vinegar.*

Put three or four quarts of fruit, or as many as you please, into a pan, and cover them with vinegar. Let them stand nine days; then

pass them through a flannel bag: and to every pint of juice put half a pound of lump sugar, boil it till the scum has done rising, and when cold bottle it for use. If boiled in a preserving-pan, empty it immediately: the best is an earthen pan for all such uses.

### *A Syrup.*

A pound of lump sugar to a pint of water, with the white of an egg.

### *Lettuce Stems, to eat like preserved Ginger.*

Peel them, and cut into long thin slices, about two inches in length. Make a strong syrup with a large quantity of ginger in it; then put in the stems, and boil them till tender. They very nearly resemble preserved ginger.

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## PICKLES.

### *To pickle Cucumbers.*

Put them into a narrow-topped jar: put to them a few blades of mace, half an ounce of black pepper-corns, the same of long pepper ~~and~~ ginger, with a good handful of salt into the vinegar, and

pour it upon the cucumbers boiling hot. Set them by the fire, and keep them warm three days : boil the vinegar once every day, and keep them closely covered till they are a good green ; then tie them down with a leather, and keep them for use. Boiling the vinegar four times is quite sufficient to green them.

*To pickle Barberries.*

Colour the water red with some of the worst of the fruit : put salt to it strong enough to bear an egg. Set it over the fire, and let it boil half an hour : skim it, and, when cold, pour it over the fruit : lay something over them, as a bit of blue slate, just to keep them in the liquor, and cover the pot or glass with a bit of bladder and leather.

*To pickle Lemons.*

Grate the rind off, and rub them with salt two or three days ; then boil the vinegar with cayenne-pepper, white mustard-seed, mace, ginger, shallots, and the grated peel. When cold, pour it on the lemons. The vinegar in which lemons are pickled, is very good to use in gravies or minced meats.

*Another way.*

Take the lemons and wipe them clean in a

cloth : cut them across in four quarters, half way down, and press salt tight into them. Let them lie in a basin for ten days, turning them every day. Then boil in vinegar, allspice, ginger, and a few cloves. Let it stand ; then put the lemons into the jar, and pour the vinegar over them, as they must be quite covered. When the lemons have absorbed the vinegar, which they will in a few weeks, fill them up with cold vinegar. They will be fit for use in a month or two.

*To pickle Mushrooms.*

Wash the buttons with salt and milk and water. Put them into a saucepan with a handful of salt, a little pepper, and mace : stew them in their own liquor till it is nearly dried into them again : shake them frequently, to prevent their burning. When they are sufficiently done, put as much vinegar as will cover them : give them one warm, and turn them into <sup>stone</sup> jars. If you use the flaps, they must be those with red fur, which should be scraped out carefully. The black are too old to be used.

*To pickle Kidney-Beans.*

Get the beans when they are young and small : then put them into a strong salt and water for three days, and stir them up two or three times



each day ; then put them into a saucepan, with vine-leaves both under and over them : pour on the same water as they came out of, cover them close, and set them over a slow fire till they are a fine green ; then put them into a hair-sieve to drain, and make a pickle for them of vinegar : boil it five or six minutes, with a little mace, allspice, long pepper, and a race or two of ginger sliced ; then pour it hot upon the kidney-beans, and tie them down with a bladder.

*To pickle Walnuts.*

Prick the walnuts, and lay them in salt and water for about three days ; then take them out, and dry them <sup>in the sun</sup> on a sieve. When you put them into the jars, pour over them ~~cold~~ <sup>boiled</sup> vinegar, with allspice and ginger. They will be ready in about two weeks. If, at any time, the walnuts are wanted quickly, you had better take off the covering of the pot till they are tender, which will be very soon.

*To pickle Nasturtiums.*

Gather the berries dry : throw them into cold vinegar with some ~~salt~~ in it. They are an excellent substitute for capers.

*To pickle Cauliflowers.*

Take the closest and whitest cauliflowers you can get, pull them in bunches, spread them on an earthen dish, and lay salt all over them. Let them stand for three days, to bring out all the water; then put them in earthen jars, and pour boiling salt and water upon them: let them stand all night, and then drain them on a hair-sieve. Put them into glass jars; fill up the jars with vinegar, and tie them close down with leather.

*Another way.*

Pull them into bunches: salt and drain as above; then throw them into cold vinegar, and add to it allspice, ginger, and pepper.

*To pickle Beet-root.*

Boil it till tender. Peel it, and, if agreeable, cut it into shapes. Pour over it hot pickle of vinegar, a little ginger, pepper, and horse-radish sliced.

*To pickle Red Cabbage.*

Get the finest and closest red cabbage you can, and cut it as thin as possible; then take some cold

vinegar, and put to it two or three blades of mace, a few white pepper-corns, and make it pretty thick with salt. Put the cabbage into the vinegar as you cut it. Tie it close down with a bladder and a paper over it, and it will be fit for use in a day or two.

### *To pickle Onions.*

Peel the smallest onions you can get: throw some salt over them, and let them lie to drain for a few days; then put them into cold vinegar, with a handful of salt in it. Tie them down close.

*To preserve French-Beans for winter use.*

Top and tail them: lay them into a well-glazed earthen pot. Strew a layer of salt over the bottom of the pan; then a layer of beans; and so on alternately, till the jar is full. When you want to use them, soak them in lukewarm water for about two hours. Cut them as in summer, and boil them as directed for French-beans. They should be done young. About half a bushel will last through the winter season. Tie them over with a strong brown paper, and keep them in a dry place.

### *Gooseberry Vinegar.*

Take ripe gooseberries: mash them, boil the

water, and let it be cold ; then to three quarts of water put one quart of the pulp of the gooseberries : strain it off, and let it stand forty-eight hours ; and to every gallon of liquor put one pound of coarse sugar. Barrel it, and put it in a warm place.

*To make Mangoes.*

Take large cucumbers : cut a slice out of the sides, and take out the pulps clean. Fill them with shallots, brown mustard-seed, and sliced horse-radish : tie them up, and put them into jars : boil the vinegar and pour over them : let them stand four days : throw a handful of salt over them, and put them on the fire covered with vine-leaves. When they are green, put them into the jars ; then boil the vinegar with some ginger and whole pepper, and pour it over them.

*India Pickle.*

Take three quarts of strong vinegar, half a pound of salt, a quarter of a pound of shallots, two ounces of ginger, one ounce of white pepper whole, two ounces of mustard-seed, half an ounce of mace, and half a table-spoonful of cayenne-pepper. Boil it altogether in the vinegar, and when cold put it into a stone jar, and add two ounces of flour of mustard.

You may put in what fruit and vegetables you

please, fresh as they are gathered : they must be perfectly dry.

*To make Mushroom Catsup.*

Take the full-grown flaps of mushrooms, and crush them with your hands : throw a handful of salt into every peck of mushrooms, and let them stand for three days ; then squeeze them through a cloth till you have pressed all the juice from them ; and to every gallon of liquor, put of cloves, allspice, black pepper, and ginger, one ounce of each, and half a pound of salt. Set it on a slow fire with half a pint of beer, and let it boil till half the liquor is wasted away. Skim it well, and when cold bottle it for use. *Less than other*

*Walnut Catsup.*

Take walnut hulls or young walnuts, chop them small, and throw a large handful of salt to every two pounds. Let them lie till they are tender enough to squeeze out the juice through a cloth ; and to every gallon put a quart of stale beer, half a pound of anchovies, an ounce of mace, an ounce of black pepper, an ounce of allspice, and an ounce of ginger. Some elder wine improves it. Boil it till reduced to half the quantity. When cold, bottle it for use.

N. B. Pickles should always be kept in *stone* jars.

*To make Vinegar.*

When you have pressed the fruit from twenty-two gallons of raisin wine, put it in a cask which will hold nine or ten gallons: add to it six gallons of water, and let it stand on the fruit six or seven weeks. At the expiration of that time, press the fruit close: return the liquor into the cask, and let it stand in the fruit till winter. If you wish to colour it, add a little burnt sugar. You will find it particularly strong; and it keeps pickles *better* than any *purchased vinegar*.

Let it stand in the cask, only drawing off the quantity you require. Stale beer or grounds of wine may be added, always putting more water when you add fruit, &c.

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WINES.

*Green Gooseberry Wine.*

To one pound of gooseberries chopped and pounded, put a quart of water: let it stand eight or ten days, stirring it frequently; then strain it, and add three pounds and a half of lump sugar to the gallon: put it into the liquor, and let it stand a

day or two. Put in the brandy before it is barrelled : allow three pints of brandy to ten gallons of wine.

*To make mock Madeira Wine.*

To eighteen gallons of water, put fifty-four pounds of fine moist sugar : boil it for half an hour, and skim it well. When cold, put to every gallon one quart of new ale out of the vat, and let it work in the tub two days ; then put it into a cask, and when it has done fermenting, put to it one pound of sugar-candy, six pounds of jar-raisins, two bottles of brandy, and two ounces of isinglass dissolved in some of the wine. Stop it down, and let it stand one year in the cask, then bottle it.

N. B. Some prefer setting the sugar and water to work in one vessel, and the ale in another, for two days, and then mixing them to put into the cask.

*Raisin Wine.*

Put seven pounds of Malaga or Smyrna raisins to every gallon of water. Let the water and fruit stand in an open vessel five or six weeks, stirring it daily : then press it off, and put it into casks : lay the bung lightly on the barrel, till the fermentation is subsided, then drive it in tight, and put



one quart of French brandy to every twenty-two gallons.

### *Parsnip Wine.*

Take three pounds of boiled parsnips to every gallon of water, allowing three pounds of sugar to each gallon. The parsnips should be bruised and pressed, then strained, and the liquor put into the cask.

### *Ginger Wine.*

Boil <sup>16</sup>ten ounces of ginger for an hour in one gallon of water: let it stand <sup>full cold</sup>~~a day or two~~ closely covered; ~~then strain~~, and add to it eighteen pounds of loaf sugar, the juice of ten lemons, and ten Seville oranges pared very thin, the rinds steeped in two gallons of water for two days, then strained, and all put into the cask together: put a little more water to the ginger and rinds together: let it stand two days, then fill up the cask to hold six gallons and a half, wine measure: the juice having been put to the sugar, and the water to the rinds, the same day the ginger was boiled. Put to the above half a pint of brandy.

*Final etc. 22. 2. 2.*

### *Another way.*

Take fourteen pounds of sugar, six gallons of



water, four ounces of ginger bruised, and the rinds of four lemons. Boil them together half an hour, keeping them well scummed. When cold, put it into the cask, with three pounds of currains, the juice of the lemons, three spoonfuls of yeast, and half an ounce of isinglass. Stir it often for about six days; then add a pint of brandy, and stop it close. In six weeks or two months you may drink it.

### *Grape Wine.*

Put one quart of picked grapes to a gallon of water, and four pounds of sugar to the gallon: let them stand three or four days on the water before you press them. Put a little brandy in the cask, the same as for other wines. It may be bottled in twelve months; but if not wanted, it will be better to stand two years in the cask. This wine is much richer made with equal parts of juice and water.

### *A Family Wine.*

Take black, red, and white currants, ripe cherries, (black-hearts are the best,) and raspberries, each an equal quantity: if black currants be the most abundant, so much the better. To four pounds of the mixed fruit well bruised, put one gallon of water: steep the fruit three days in an open

vessel, frequently stirring it ; then strain it through a hair sieve : press the remaining pulp till it is quite dry. Put both liquids together, and to each gallon put three pounds of good moist sugar. Let the whole stand three days more, frequently stirring it. Skim off the top, and put it into the cask. Let it remain two or three weeks working at the bung-hole. Put to each gallon half a pint of brandy.

### *Elder Wine.*

Put three quarts of berries to four quarts of water : boil it together, and strain it off. To every gallon of wine put three pounds of sugar, and what spice you please, such as cloves, allspice, and ginger. Toast a slice of bread, lay it on the wine, and pour half a tea-cup full of yeast upon it. Let it work for a week, then put it into the cask, and when the fermentation ceases, stop it close.

### *Orange Wine, twenty-four gallons.*

Two hundred weight of Seville oranges will produce, if a good season, seven quarts and a pint of juice : that allows eight oranges to the gallon of water, which will make twenty gallons of wine. Put three <sup>4 lbs</sup> pounds of sugar to each gallon : an equal quantity of loaf and fine moist is best, or you may use ~~all fine moist~~. Be careful in peeling the

oranges to cut them as thin as possible. Remove the white peel from the oranges, or the wine will be too bitter: then steep the pulp and outer parings in water three or four days. ~~Put~~<sup>Put</sup> the sugar ~~into the cask first,~~<sup>into the cask</sup> then the juice, and a few gallons of water, then fill the cask with the water which the peels and pulps have been steeped in. Let it stand open some time, as it seldom ferments very soon: when the fermentation ceases, stop it down. You may bottle it in twelve months.

### *Mead Wine.*

Put four pounds of honey to one gallon of water. Boil it well, and skim it till quite clear; then boil in half a pound of hops. This is a quantity sufficient for half a hogshead of wine. When it ceases fermenting, stop it down close. It is excellent wine if kept to the age of six or seven years.

### *To make English Noyau.*

Blanch and cut small three ounces of bitter almonds, and the rinds of two large lemons: put them into English gin, and keep it on the hearth in a moderate heat, for a week or more, till the taste is extracted from the peel and almonds: then dissolve one pound of good moist sugar in boiling water, and add it to the spirit: let it stand one

day and night, frequently shaking it. Filter it through paper, and it is ready for use.

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#### METHODS FOR CLEARING WINE.

##### *To clear Wine.*

Draw off about two quarts of wine. Take four pounds of raisins, and chop them very fine. Make the wine boiling hot, and pour it upon the fruit. Cover it over close, to prevent the steam from escaping. Let it stand till next day; then with your hands bruise the fruit as fine as possible, and, when thoroughly mashed, put it into the wine, and it will both clear and enrich it.

##### *Another way.*

Take spent hops and dry them thoroughly; then fill up the cask at the top with them: put in the bung tight, and when they sink they will almost always succeed in clearing the wine.

## MEDICINE FOR THE POOR.

### *For Burns.*

Mix spirits of turpentine and yellow basilicon to the thickness of cream, and apply on rags.

### *For the Sting of Gnats.*

Use seraped chalk, made into a paste with water, and apply to the parts.

### *For the Sting of Bees, &c.*

Powder-blue should be rubbed on directly; or laudanum will allay the pain.

### *For the Tooth-ache.*

One drop of true oil of cloves, and two of laudanum, applied on cotton, generally succeeds in easing the pain. Horse-radish also, seraped and placed on the inside of the arm, just above the elbow, often in a short time produces perfect ease. This will cause a soreness of the part; but those who have suffered much from tooth-ache, would generally prefer this little inconvenience. Green camomile is another admirable remedy. You must gather a large handful of them, and put them in

the fire-shovel : make it very hot. A drop or two of water may be put on it, if the camomile be not very fresh and green. Put it into a flannel-bag, and apply it to the face.

*For Cuts, Bruises, Sprains, and Sores, either old or new.*

Take a large handful of mallow-leaves, and stew them in a pint of water till it is reduced to half a pint. For bruises and sprains bathe the part with the liquor several times in the day ; but to gatherings or sores, use the leaves as a poultice : put them on as warm as you can bear them. This application, persevered in, seldom fails of producing a cure in the most obstinate sores.

### *Rheumatism*

May often be removed by putting brown paper that has been rubbed soft, over the part affected : or, take a tea-spoonful of sal volatile in a eup of gruel, at going to bed.

### *Ulcerated Sore Throats.*

Will frequently yield to an application of goose-grease, rubbed on a flannel and put round the throat.

*Inflammatory Sore Throats.*

Take a pint of spring-water, and put one tea-spoonful of salt, and half a quarter of an ounce of nitre. Gargle frequently.

*For Colds in the Chest.*

Take two ounces of linseed, and two ounces of stick-licorice: boil them in a quart of water for half an hour or longer. Pour it off, and put the same quantity of water on the seeds again: let it boil rather longer, and it will be fit to drink. A tea-cup full should be taken frequently, moderately warm.

*For Coughs.*

Take a turnip, cut it in slices, and strew between it sugar-candy powdered; and when the juice has run out, give a tea-spoonful when the cough is troublesome. This is a nice simple medicine for children, and is frequently found efficacious.

*Pains in the Side.*

These have been removed by cutting a piece of camphor, the size of a walnut, in small pieces;

strew it over some new flannel, and dip it in boiling vinegar: keep applying it warm till the pain subsides. The same application applied to a sore throat is very efficacious.

*For the same.*

Acorns dried and powdered have been known to relieve an obstinate pain in the side. Take as much as will lie on a sixpence, in a little white wine, at noon.

*An excellent Salve for Burns, &c.*

Take an equal proportion of bees' wax, rosin, vinegar, salt, white diaculum, and sweet oil, melted all together.

*For Chapped Hands and Lips.*

Take one ounce of spermaceti, one gill of salad-oil, and a quarter of a pound of white wax. Scrape the wax fine; then melt all the ingredients together, and stir them till cold. Seent it as you please.

*Worm Plaster.*

Take of Veniee treacle two draehms, aloes in powder half a draehm, hierapicra fifteen grains, chemieal oil of wormwood ten drops, Veniee



turpentine the size of a pea, and spread them on soft leather in the shape of a heart. Put the broad part over the navel, the point upwards; bind a cloth over it, and let it remain as long as it will adhere. When it comes off, give twenty drops of hierapicra-tincture, twice, to the child; or the dose may be increased according to the age and strength of the sufferer: a child of two years may take the dose as above.

All these recipes have been used with the greatest success by the author.



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